

JULY-AUGUST 1975

SPECIAL ISSUE

# youth

Religious Education  
EXHIBIT

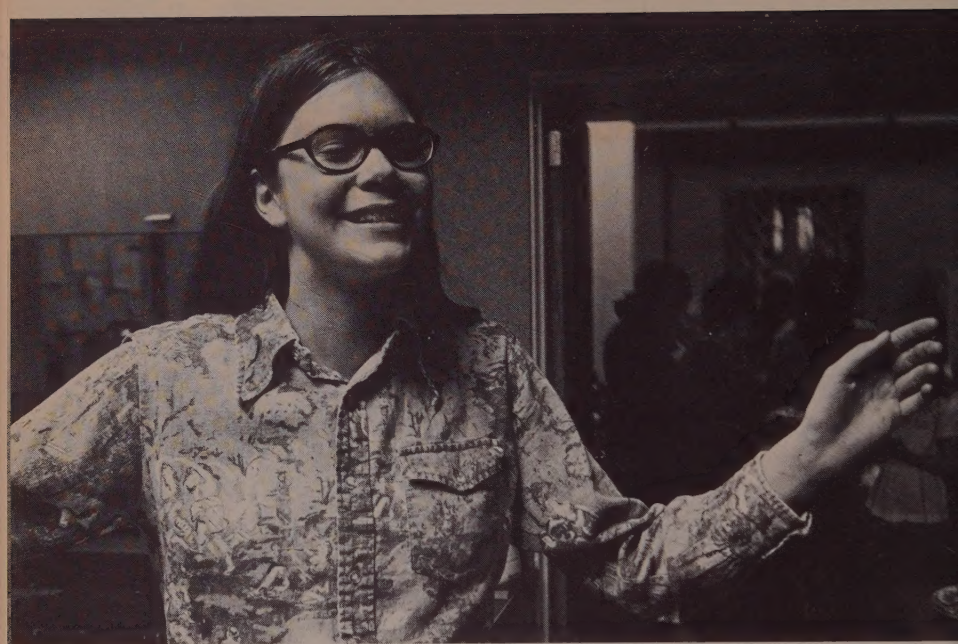
## MAGAZINE

Pacific School of Religion

**WE  
ARE  
WHAT  
WE  
EAT**







As my bus came into Decorah on a cloudy March morning, it looked like an average midwestern college town. I hoped my two-months stay here, however, would be anything but average, for I wanted to explore with these people the question: "What can I do about the world food crisis?" I wanted to discover with them what activities and programs best answer that question for Decorah. It was my first time doing such an exploration. I was excited and frightened.

Was I expecting to do the impossible? Not if I believed in the work I had been doing for ten months in Washington, D.C. Working with other people and organizations interested in grass-roots

or community-action approaches to the food crisis, I realized that rarely had our suggested approaches been "community tested." How could we, sitting in offices in the nation's capital, know what was effective in smaller communities across the nation? Why not go and find out?

I chose Decorah, Iowa, because it is in the Midwest where I grew up, because I have a friend in college there (and I would have a place to stay the first day I arrived), and because a population of 7000 seemed like a manageable size for one lone Project Coordinator from Washington.

In advance, I had contacted approximately 25 people by mail

# **“I STARTED WITH THE CONCERNS OF THE PEOPLE”**

**AN IOWA TOWN RESPONDS TO WORLD FOOD CRISIS**

**A personal account by Erika Thorne**

**Photos by Darrell Henning**

—ministers, educators, organizational leaders, agriculturalists. I wrote expressing my hope to work with churches, civic groups, secondary schools, and the agricultural community on this issue. I offered myself as a resource of information and ideas, and as a full-time organizer and coordinator for activities that proved appealing to people. I wrote in hope of positive replies, encouraging my efforts and providing a much-needed bolster to my confidence.

Some replies said simply that I was welcome to their meetings to make a presentation. A few expressed doubts, saying that churches and Luther College (the small private liberal arts institu-

tion located in Decorah) had already done excellent work sensitizing the community in this area, and perhaps I should consider going somewhere else. But two were different. Dave Ash, a Methodist minister, was very encouraging and enthusiastic. Rosemary Henning, a member of the Decorah Cooperative Food Club, wrote that people in the Co-op and elsewhere were very interested.

I decided to begin with these positive responses. I called Rose-

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Erika Thorne is Food and Population Project Coordinator for Action for World Community, Washington, D.C. She spent March and April, 1975, in Decorah, Ia., trying to sensitize a community she did not know to the world hunger problem. This is her story.



mary Henning that first evening, and she said she just happened to be coming into town. Could I meet her in half an hour? Soon I was sitting next to her in the Luther College student union, writing furiously as she rattled off names of people I should contact and places I should go.

She hustled me into her car, whirlwinded me through the town for a visit to the teen center and the 4-H Club. She pointed out a building that could house a dinner event and a highway for a hunger

walk. And I should be sure to go to the Congregational Church Women's Fellowship on Thursday. And she invited me to attend the Annual Capon Dinner with her and her family the next night as their guest. The only thing I could say by the end of the evening was, "What is a capon?"

My question was answered (a capon is a type of chicken), but many more questions, ideas, thoughts and responses promptly were to take its place. By the second day, I had secured temporary

## youth magazine

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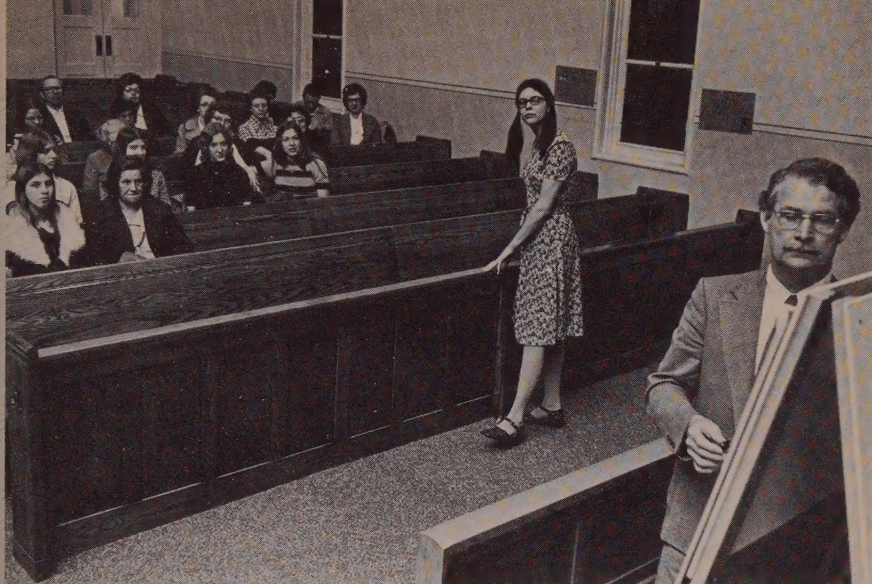
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Among local contacts with the community, Erika spoke at a Lenten service at the United Methodist Church as a guest of Rev. Dave Ash.

office space in the United Methodist Church, the church of Dave Ash, my other positive response by mail. Dave immediately scheduled me for his Lenten service that week and suggested more people for me to contact. By the fourth day, I had been offered a place to stay with a family in the community. And I was getting a feel for the groups and people who would be most responsive.

The first weeks seemed like one long interview. My words became a continuous-reel tape, playing 24 hours a day, explaining who-I-was-where-I-was-from-what-I-was-doing-here. I thought surely by the end of the two months I would have had a personal encounter with

every able-bodied member of the community over six years of age. Dizzied by the pace I was keeping, my college friend meekly inquired in that first period, "Erika, are you sure you won't have it all done by the end of this week?"

Far from being done, I continued to move, to explore, to talk with people. We talked about a Hunger Walk, where young people would walk ten miles, backed by pledges of cents-per-mile to be donated to a relief agency. We talked about a Third World Banquet, in which one-third of the participants would be served a full meal, one-third a plate of rice, and the rest a small fried rice cake. In the Garden Club we talked about a



**The most important problem is how best to bring the world food situation down to an immediate, easily-grasped level for everybody to understand."**

Farmers' Market for excess home produce, with the proceeds going to help the hungry and poor locally. With the Cooperative Food Club I talked about a city-wide potluck of natural or alternative foods. With the County Department of Social Services I talked about a cooperative gardening effort for senior citizens. In an American Association of University Women Study Group we talked about high school home economics courses which would include aspects of the world hunger problem and how to deal with it in our lives. The Friends (Quaker) Meeting discussed a newspaper column on consumer food education and alternative diets—diets which do not use energy-intensive, highly-processed foods. With the Luther College World Hunger Committee I talked about a fertilizer campaign to reduce use of precious fertilizer resources for ornamental purposes.

Gradually this swirling mist of ideas, brainstorming and discussion took form, and perceptible patterns emerged. The most im-

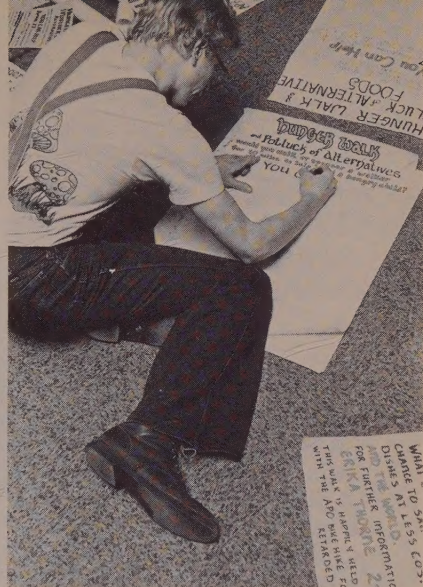
portant problem I was faced with was how best to bring the world food situation down to an immediate, easily-grasped level. I soon realized that while the world hunger problem in all its complexities was a concern to most people, it was so big a problem with so many facets that most people were at a loss as to where and how to approach it. Activities or concepts which were relevant to people in their daily lives, to which they could relate in a personal way, would stir the most interest.

The food problem is one of the few global concerns that begins at a base level common to all people — eating. Everybody needs food. The key is how to relate the global food problem to our eating habits—how much we eat, how often, and what types of food.

Certain facts, then, began to surface more frequently in my discussions. We 210 million in the United States consume enough grain to feed one **billion** Chinese on an average Chinese diet. We have six percent of the world population, but we consume 30-35 percent of the world's food, energy and natural resources. Our high consumption of junk, snack, and highly-processed foods, which take massive amounts of energy to process, package, and advertise, is doing harm to ourselves and to the rest of the world. Our beef consumption has doubled in the last 20 years.

The focal point for our discussions became our own eating habits and how a gradual change in them would make an impact on the global situation. The premise that high meat consumption is undesirable was by no means universally accepted in this agricultural, livestock-raising region. Most people did agree, however, that consumption of energy-intensive junk and snack foods was an area which could be approached. Interest in a Potluck of Alternatives—dishes which present an alternative to energy-intensive and grain-intensive foods—grew, and an organizing committee was formed. The Potluck would aim at involving the whole community in a chance to sample high-protein, low-cost dishes. Everyone would bring her or his own place setting, beverage and side dish, with the main dishes provided and a 35-cent donation requested. A group of 15 people were identified to cook a variety of main dishes. Their recipes would be reproduced in quantity for distribution at the Potluck so that people could try these dishes at home. Target date: April 27.

At the same time, the Methodist Youth Fellowship and the United Church of Christ Church School began to work on the idea of a Hunger Walk. Many youth from other churches were called in to a general planning meeting. We would walk halfway to the neigh-



Enthusiastic young artists made posters to advertise the upcoming walk and potluck.

boring town of Calmar and back for a total of ten miles. Proceeds would be donated to Church World Service, an ecumenical relief and development agency. Posters were made and a sponsor record sheet mimeographed. One person was going to be on local television that week, and he could mention the walk. People from neighboring schools were notified, and the Calmar School Student Council decided to walk, meeting us at the halfway point and then accompanying us back to Decorah. What was the best date? Why not April 27, in conjunction with the Potluck?

But already some people were





On a cold, rainy day, 20 "walkers" from Decorah joined 35 persons from neighboring Calmar for a ten-mile Walk for Hunger.

asking, "What will happen after the 27th?"

The answer came from a series of in-depth meetings about the problem. The AAUW Study Group first identified the need for well-planned, concerted action on a long-term basis. Such action would be the only way real change could be effected, because change is a gradual process. The Study Group then called a general meeting of representatives of many organizations and people in the city likely to have an interest in food-related activities: church groups, grocers, scouts, service organizations, the Food Co-op, the hospital nutritionist, school student councils.

Out of this general meeting

came the germ of a specific idea. A Food Action Council could be formed, to experiment in long-term exposure of the community to food issues. The people interested in such a Council felt that its first emphasis would have to be study and expansion of awareness among the members themselves. To prepare them to initiate community-wide action, they needed to be better informed.

Eight people then resolved to meet again to form the Council. The group included several members of the Food Co-op, the USDA Agricultural Extension officer for the county, an adult education instructor, a farmer from the National Farmers' Association, and



two college students. They determined that by pooling these diverse backgrounds they could develop a broad awareness of many aspects of the problem. **The Limits to Growth**, a Club of Rome study on our resources and their rates of depletion, was chosen as the first resource for study. The group resolved to meet once a month, and to contribute a bi-monthly newspaper column on their discussions, resources, alternative diets, and the farmers' position.

The framework for continued action was begun! After the first meeting of the Food Action Council, I breathed a sigh of relief and fulfillment. Short-term action goals would be fulfilled in the form of

**I**n doing this project, I put myself in the business of change. Although change must come from within each individual, it can be encouraged from outside."

the Hunger Walk and Potluck of Alternatives; and now long-term goals—education, consciousness raising, action—would be achieved as well. Could I have hoped for more that cloudy Monday morning when I first rolled into Decorah?

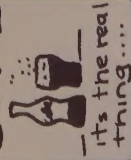
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The Potluck of Alternatives attracted 150 people with 20 different "alternative" recipes (including 16 loaves of homemade whole wheat bread).



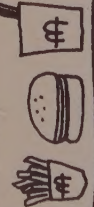


COKE

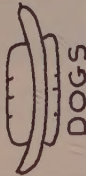


it's the real thing....

HAMBURGERS  
FRIES  
SHAKES



HOT



DOGS

P-I-N-N-A

ICE  
CREAM



GIVE



SO THEY MAY  
LIVE

# A CORNUCOPIA TO GO



a collection  
of transparencies  
by Doug Brunner

the food chain is the  
full cycle of food...



being grown and  
consumed, becoming  
waste and returning  
to the soil as  
nutrients for further  
growing...



unfortunately the  
only food chain  
most people know  
about...



is McDonalds





CHICKEN  
DELIGHT

whenever i get food  
from a fast-food  
restaurant



it's as if they're  
afraid you'll see it



they wrap it in  
boxes and bags



how good is our food?



good enough to support  
a whole industry



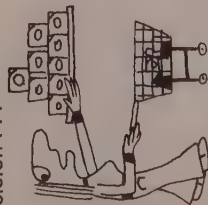
of heartburn and  
anti-acid remedies



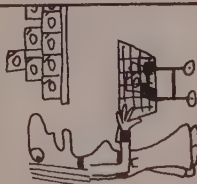
SALE



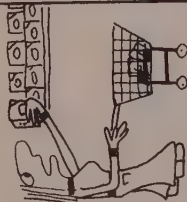
when you buy food  
you're making an  
important  
decision ...



because your money  
tells the company  
which makes that food  
to continue making  
it ...



so read the labels  
carefully before  
you vote ...



and may the best  
foods win ...



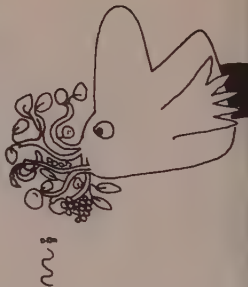
i want to stop wasting  
meat and help the  
starving world ...



so the idea of being  
a vegetarian ...



is firmly planted  
in my mind





did you  
know it  
takes 16  
pounds of  
grain  
protein  
to produce  
one pound  
of beef  
protein ...



**why don't  
people eat  
just the  
grain?**



it doesn't  
come in  
the same  
flavors



the only starving  
people most of us  
know...

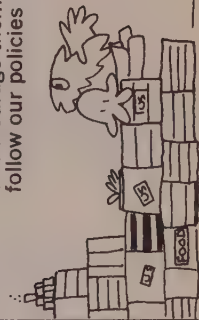


**is someone on a crash diet**

we should give food  
to only our friends



to encourage them to follow our policies



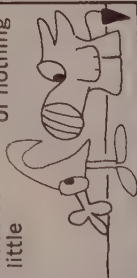
**i suggest a  
carrot diplomacy**



they have  
so much  
you'd think  
they'd be  
willing to  
share it . . .



they would,  
but i don't  
think they  
realize what  
it's like to  
have so  
little



yes i'm doing my  
part in this  
organization to help  
the hungry



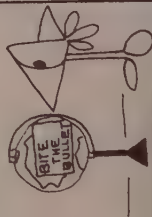
i'm off to a  
luncheon now



while people starve  
we're spending  
billions on  
defense . . .



we're reaching out  
to the world with  
the wrong arms



mostly from  
hunger . . .



the world's  
population is  
staggering





what happens when the haves and have-nots get together?



separate checks

for many people, getting back to basics is having a regular hamburger



what measure is the world taking to stop hunger?

teaspoons



for too many of us



hunger is a foreign problem



SNACKS

fast food

RESTAURANT

EAT

DINER

BILLIONS AND BILLIONS SOLD

Brunner

# WORLD PERSPECTIVE

## **Food is a necessity for every human being, not a luxury for a few**

Food is life itself. For those who have food, it is taken so much for granted that most of life is spent working, learning, playing. For those who have no food, most of life is spent surviving. It is estimated that of the world's total population of four billion people, at least 460 million, mostly children, are actually starving—they do not get enough calories of dietary energy. In addition, half of the world's population, two billion, is badly nourished, unable to keep themselves healthy and to resist disease and bad-living conditions. Tens of thousands will die this week. Yet, for the first time in

human history, the world has the capacity and the resources to feed everybody. Then why are people starving? Some say ignorance. Some, attitudes. Some say because the inhabitants of this globe are unwise stewards of the earth's natural resources. Still others say because too many of those who possess food, technology, wealth and power look at the problem of global food scarcity as political, not humanitarian, as trade not aid, as profit not people, as making the most of what is theirs not sharing as "someone else's problem not mine." John Kennedy said, "The battle against hunger is truly humanity's war of liberation. There is no more important battle on earth or in space. Peace cannot survive in a world half-fed and hungry."

Two-thirds of the world's people live in "diet-deficient" regions, where the average amounts of food eaten do not contain the calories, protein, or fats recommended by nutritionists.





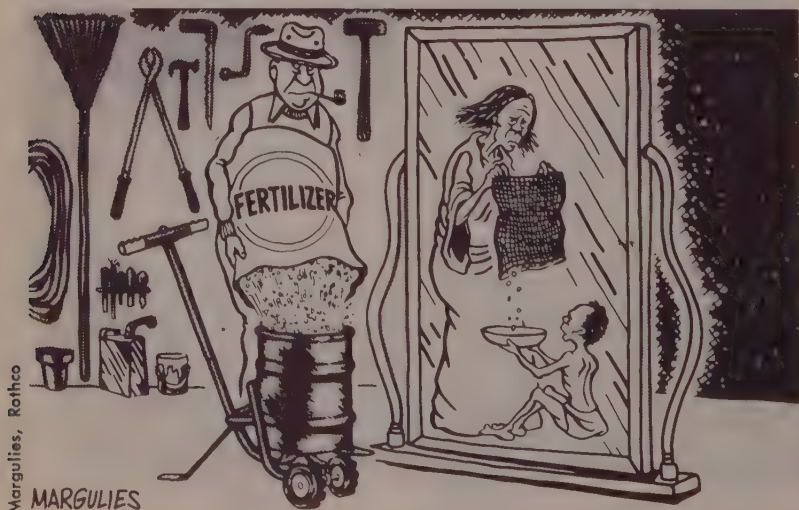


UNICEF Photo by Jason Lavre

A child in Dacca gets high protein food as a part of a daily supplementary feeding program by UNICEF in Bangladesh.



Because this Iraqi mother lacked knowledge about proper food, her one-year-old child suffered from severe malnutrition (left). Medical treatment and attention to diet restored the child to health (right).



How earth's resources are used will determine humanity's survival:

- Over-grazing and deforestation to sustain growing populations has put such pressure on the ecology of central Africa to cause the southward advancement of the Sahara Desert at rates up to 30 miles per year along its 3500-mile southern fringe. Thus the recent Sahel famine!

- Up to 25 percent of all the food grown in the Third World is lost to dampness, mold, disease, insects and rats. Most of these poor countries do not have the means, the storage facilities, and the training to stop this waste.

- India has about the same amount of crop area as the U.S. If India's yield equalled that of the U.S., it would produce annually 230 million tons of cereal grain instead of its present 100 million tons. By using Japanese methods

## Nature nurtures the seed, but people till the soil and distribute the harvest

of farming, India could produce 350 million tons of grain.

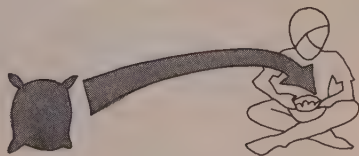
- Americans use three million tons of fertilizer every year for non-food purposes—lawns, golf courses, and cemeteries. This amount of fertilizer would produce enough extra grain in developing countries to feed 65 million people.

- The rich minority of the world feeds as much grain to animals as the rest of humanity eats directly.

- To increase food production in developing nations means a sizeable increase in available water for irrigation, energy for machinery, and fertilizer for enriching the soil. To do this means considerable capital investment, which most poor countries do not have.



Cattle are an inefficient way of using protein. It takes seven pounds of grain protein to make one pound of beef protein. Most people in the world get protein by eating grain products directly.





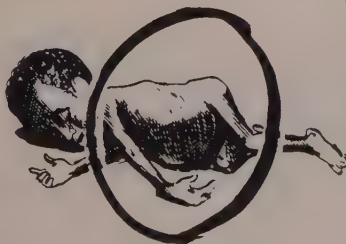
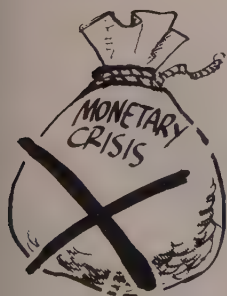
## Take care of the people and the population will take care of itself

"Why do poor people have large families?" ask the critics. "It means more mouths to feed." How do the poor respond? Most parents in the Third World have no sickness benefits, no unemployment pay, nor old-age pensions, so that children become their only protection and security when they grow old, ill, or jobless. To a poor family, children are not an economic burden, but an asset, because children help to till the land, to do household chores, and to look after livestock. Because unhealthy conditions in villages cause so many children to die before they're five, families in the poor world must have many babies to be sure that at least one will survive. In numerous nations, women are still denied any opportunities in life except child-bearing. And, finally, to lives that are often hard and full of sorrow, children bring joy and contentment. A solution often given to reducing population is birth control; but it is opposed by some on moral grounds and by others for its political overtones of the rich eliminating the poor. Without social

change, however, birth control is ineffective. When poverty is eased, when families no longer need many children to earn the family's living, when adults have security in illness and old age, when women are given social status beyond child-bearing, and when villages have medical and nutritional aid for babies and mothers, then these people have smaller families. That has already happened in the rich world, where the population is growing much slower. For the majority of the people of the world, therefore, the larger problem that must be solved is not population but poverty.

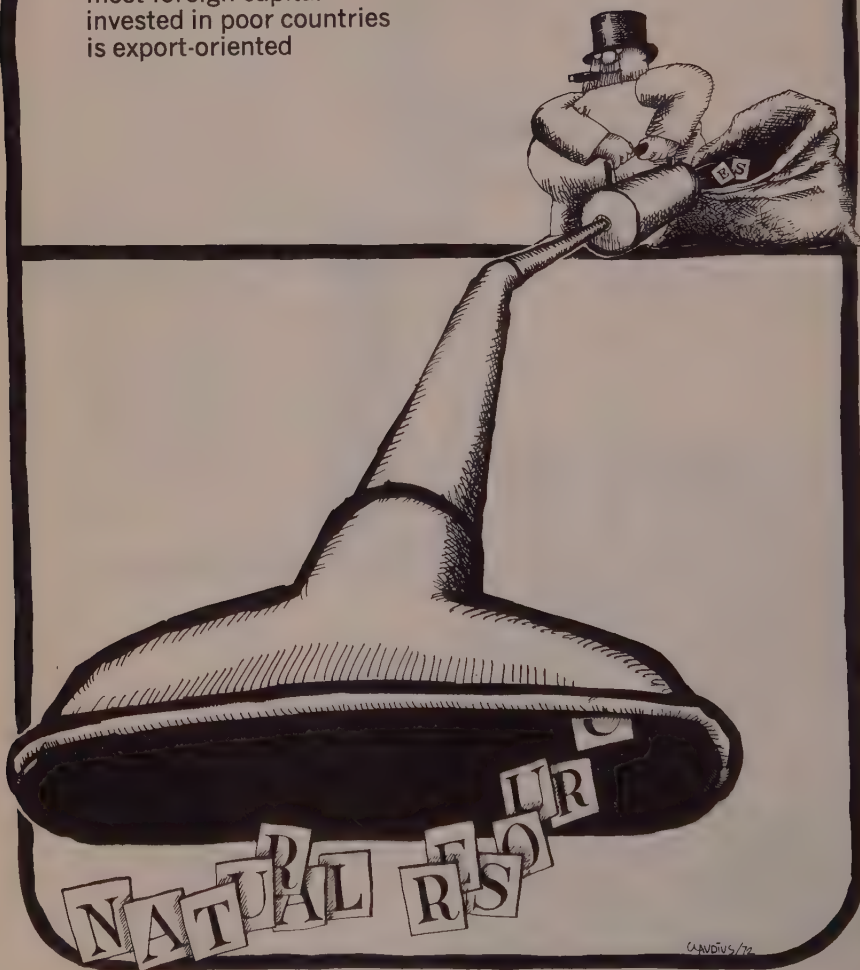


This boy in Paraguay helps his family with their farming.



GAMES PEOPLE PLAY

most foreign capital  
invested in poor countries  
is export-oriented



Cartoon by Claudius

CLAUDIUS/79

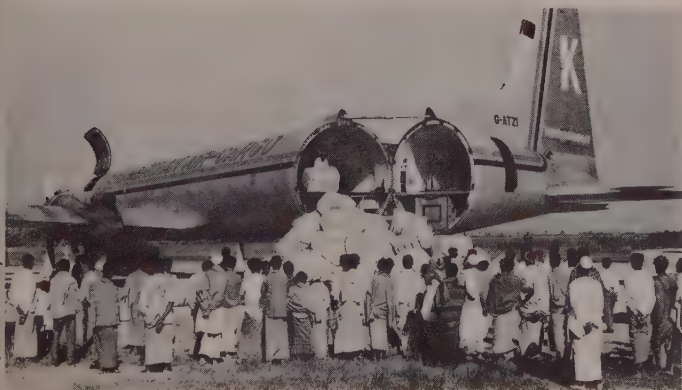


A new burden to the world's food supply is caused by the spreading affluence in North America, Europe, the Soviet Union and Japan. As standards of living rise in these developed nations, their people are changing their eating habits from grain to meat, wasting more food, and feeding tons of food to pets. Although these industrial nations comprise only one-third of the world's population, they consume two-thirds of the world's food. "If Americans would decrease the meat they eat by ten percent," says Harvard nutritionist Jean Mayer, "it would release enough grain to feed 60 million people." The U.S. controls more of the world's food supply than the Arabs do oil. "Food is a weapon," says Earl Butz, U.S. Secretary of Agriculture. "It is now one of the principal tools in our negotiating kit." And food is also a key tool in the world economy. For example, of all the grain reserves in the world, 95 percent are under the control of six multi-national agri-

**"The earth has enough  
for every person's need but  
not for every person's greed."**

(Gandhi)

business corporations—all U.S.-based. By withholding or releasing these reserves, these corporate middlemen can control the price of food in supermarkets at home and on the international market. Often national laws protect the interests of these corporations. A French labor leader claimed at the U.N. World Food Conference in Rome that "the growth rate of agribusiness has risen during the last ten years . . . directly proportionate to the increase in hunger and food scarcity." If these things are relevant, then as long as over-consumption, political advantage, and uncontrolled corporate profit have such a high priority in the developed nations, hunger in the poor countries cannot be eased.

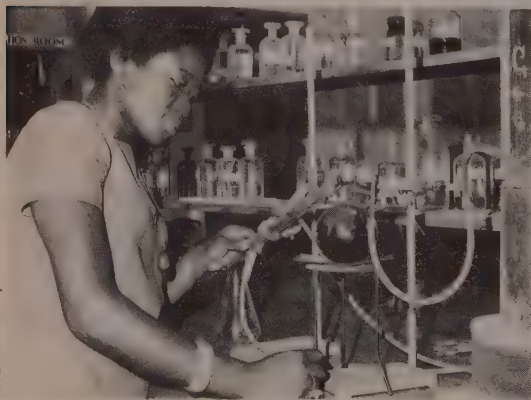


A planeload  
of UN relief  
supplies is  
greeted in  
Bangladesh.

## Small farmers in the poor and rich nations are builders of tomorrow's global health

The biggest potential for expanding food production in the world needs to be concentrated in the developing countries, says Lester Brown, an authority on agricultural development. Fertilizer and fuel, for example, produce a far higher return in food output in the undeveloped nations than in the industrial nations. But more important are the often neglected farmers in the poor countries with small landholdings. With incentives such as owning their own land, sharing in profits, and contributing to the welfare of their nation, small farmers produce considerably higher yields of food per acre than farmers on large estates, or sharecroppers working for landlords. Yet many farmers are not so fortunate. Most Third World countries, although politically independent, are economical-

ly tied to foreign corporations, which deal with that nation's leadership, who are often pawns—whether willingly or not—of the corporations. Structures of land tenure and exploitation of the underdeveloped country's natural resources have not changed from colonial days, with the foreign investors and the country's elite getting rich at the expense of the poor masses. Land reform is needed within these developing countries if the small farmer is to produce more food. In the meantime, the small U.S. farmers need protection by law against financial losses in their personal investments in crops and livestock, against exploitation by the corporate middlemen, and against carrying alone the burden of aiding the starving of the world. The rural American pioneered in overseas relief—such as CROP and CARE. The U.S. farmer knows better than most people how closely tied together are the lives of all humans in terms of survival.



A Liberian student at the University of Monrovia is aided financially by the World Food Program (FAO) in her studies in agricultural research.





# AN ANSWER TO "LET THEM STARVE!"

By David S. Burgess

Some people, challenged by the dilemma of feeding a starving world, have suggested that we "let them starve" for the good of the developed countries, as well as of the world. These persons include reputable scientists, such as Dr. Garrett Hardin.

But I disagree with such suggestions for a number of reasons: (1) These people actually do not realize the full meaning of hunger, especially for young children. (2) They are lacking in a full under-

David Burgess, Senior Officer, UNICEF, United Nations, and a minister of the United Church of Christ, has lived 21 years in China, India, Indonesia, and Thailand. This article is adapted from a taped interview with him.



standing of the reality of population control today, especially in developing countries. (3) They don't believe that national and world situations can be changed in a comparatively short time. (4) They forget that the success of their own rich and well-developed nations is very dependent on minerals and other raw materials from many of these nations which have severe food shortages.

**What is hunger?** I lived 21 years in Asia and I've seen what hunger can do to people, especially young children. We estimate that in the world today there are between 400 and 500 million children who

are hungry, by any reasonable nutritional standards. A hungry child can be permanently affected in three ways.

First, a hungry child suffers from deprivation of the body—call it dwarfism, curvature of the spine, lack of muscle strength, or bad body tone. The child is susceptible to diseases and often grows up stunted. This happens mostly before the age of seven. Even if well-nourished thereafter, those first seven years of malnutrition have left their mark for life. In most of the under-developed countries, an estimated 75 percent of the deaths are to children under the age of five, and it is attributed primarily to malnutrition or to diseases which inflict the child already weakened by malnutrition.

Second, thousands of hungry children are afflicted by "vitamin A blindness." It's permanent. There's no known cure. Lack of vitamin A in the first five years of life can cause the eye to become like a bowl of jelly, caked over.

Third, the worst thing that can happen to a hungry child is brain damage. According to the neurologists and pediatricians, the growth of the human brain reaches 90 percent by the time the child is four years old. After that, if the child hasn't attained at least a certain minimal growth of just the physical brain itself, he or she will be mentally dull, untrainable in school, deranged, and socially

maladjusted.

So when you consider world hunger, you must consider damage to body, eyes, and brain.

**Two types of assistance.** There are two levels of assistance in tackling the world hunger problem—emergency assistance and long-term programs in the developing countries. Both are important. Right now governments are being asked to pledge for the world food reserve of the United Nations under the World Food Council. It is important that the U.S. fulfill its pledge for 1975.

Experts disagree on the ways to end world hunger, but we know there is no solution to the world food problem unless certain things happen, such as a decisive drop in population growth, a huge transfer of capital and technical resources to the developing countries, and a significant change in the sizeable waste and over-consumption in the developed, industrialized nations, especially the U.S.

Decrease in the rate of population growth usually comes with the growth in the standard of living. Witness Japan and Europe in recent generations. But what many people are not aware of is the planned programs of decreased population growth in such countries as Singapore, South Korea, Taiwan, and mainland China, where we have evidence to believe that they may be approaching zero

population growth. Once a starving nation and still the largest country in the world, China's control of population growth is a very significant development.

How have they done it? First, health care for children and mothers has cut the infant mortality rate in urban centers to 20/1000 (ratio of infant deaths to live births) compared to 29/1000 among non-white babies born in the U.S. Much credit goes to the famed "barefoot doctors"—half of them women. Second, increasing the status of women in Chinese society. Third, persuading couples to marry later in life, like in their late 20's or early 30's, rather than in their teens. Fourth, making contraceptives available at cheap prices. Fifth, a persuasive program of convincing couples to have no more than two children.

**Fertilizer and more:** A pound of fertilizer put on a piece of ground in southern Illinois may increase that farm land ten percent, but put on the same size of corn-growing land in India, it probably would yield 50 percent growth.

Agricultural development in the poorer countries is the major salvation to increasing food production in the world and easing the burden of the United States and Canada, which currently produce 88 percent of the feed grains in the international market and are the only food surplus countries,

along with New Zealand and Australia. The rest are net importers.

Yet the level of our capital assistance has dropped in 25 years from the height of the Marshall Plan in 1949 when it was 2.79 percent of our Gross National Product. This was in the form of grants or loans at concessional rates. Today our total economic assistance is .25 percent of our GNP—one fourth of one percent. The total gross of the 17 developed countries of the West — Japan, Australia, New Zealand, Canada, the U.S., and countries of Western Europe — equals .3 percent — three tenths of one percent of their GNP.

How can we help the small farmer abroad? First, the social system in the country ought to free up the small farmer so that he is not beholden to the money-lenders and landlords of his own nation. This cannot be done without basic land reform within the country. Also, he needs help to be functionally literate, to have roads built to his markets, to have technology based on research applicable to his own land, to be educated on nutrition, recycling, and organic farming, to have local facilities for fertilizer production, and, most of all, to have trained consultants who are sensitive to the farmer's needs, traditions, and ways of working.

**Fast change:** Leaders of deve

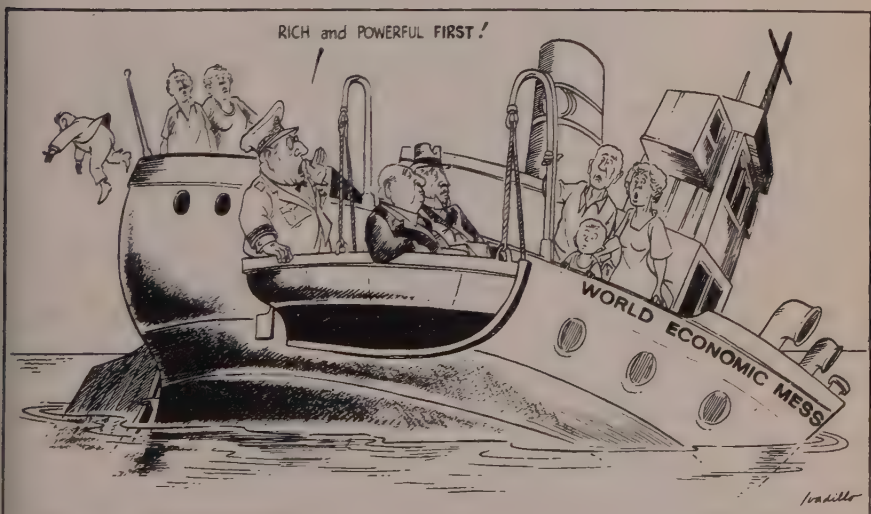


oping countries know that they cannot long remain in power if they do not respond to the needs of their people. Change within countries and among countries is common today. Witness the fast-growing impact of the oil countries on the developed countries in recent years.

We need to realize how dependent we are, one country on the other. Interdependence is a key word. The United States is dependent on the hungry and developing countries for 50% of the six of the 13 minerals used in its industries. In the next ten years that number will grow from six to nine of the 13 minerals. We just cannot operate without bauxite,

**O**ur fasting doesn't mean much unless we convince our legislators to give what we don't eat to the hungry."

tin, copper, and other raw materials. Without them, the United States industrial society would grind to a halt. Already we have an "oil club" that has joined forces to challenge the developed nations. Tomorrow it may be a "bauxite club," and soon there will be a tin and copper club. We have to be



Vadillo, Siempre, Mexico

**Y**oung people need to ask: What am I going to do with my life in a scarce, interdependent world?"

aware of the importance of our interdependence before we blithely tell the hungry in these mineral-producing, but developing, countries that we're going to let them starve.

**We are the wasters.** The average American, on the basis of protein and total consumption, consumes four to five times as much food per day as a Nigerian and an Indian. In terms of feed grains, 400 pounds of grain, directly or indirectly, are eaten by an Indian per year as compared to 2000 pounds—a ton—per year by an American. Although we are less than six percent of the world's population, we use 37 percent of the world's energy in terms of oil, electricity, etc.

I'm not talking about going back to the Gandhian way, or retreating to a cave, or tripping off to a commune, but I'm talking about our everyday life that is waste-oriented, advertisement-oriented, and prestige-oriented.

The gospel speaks to people in their respective conditions. Once

we realize that our condition today is one of world scarcity and world interdependence, I feel we can move on to recognize that there has to be limits to individual wealth. If I over-eat, somebody else goes hungry. Perhaps that's ethics rather than theology, but it's real.

It's hard to measure such deeds and attitudes. You can fast or "march for hunger," but unless you convince Congress or the White House to give what we don't eat to people abroad, our fasting and marching don't mean much. Politics aside, the underlying thought here is that there are limits to what somebody should, and has any right to, consume or possess in the physical sense of the word.

Also, I think there needs to be a conscious limitation of children, as well as a conscious adoption of children for those of us who have a bit more. Besides adopting children from other countries, families are needed right here in the United States. Share what you have with those who haven't.

Finally, I think that to a young person it comes down to what I would call the more fundamental questions: "Why was I born? What type of profession do I want to go into? What do I want to share? What is going to be the thrust of my life in a scarce, interdependent world?"



USAID Photo

Joan Waddleton, a Peace Corps volunteer from Princeton, N.J., working in Niger, is typical of youth who are turning vocationally to much-needed technical, medical, and environmental services at home and abroad.





**"We must lift ourselves out of the sub-human situation of misery without falling into the in-human situation of super-luxury."**

**—Dom Helder Camar**

# WHAT WE CAN DO

(and are doing) about the hunger situation

- ADAPT LIFESTYLE
- INCREASE AWARENESS
- RAISE MONEY
- TAKE ACTION
- JOIN OTHERS

A 32-PAGE ACTION GUIDE



Standing daily at the doors to the student halls of Notre Dame University, Alan Sondej holds out an empty plastic milk jug asking passersby for money for the hungry.

"A penny is equal to one-and-one-half bowls of porridge," he says to the students. "A dime is equal to 15 bowls." On one side of the jug are the words, "Up to 2300 people die every hour due to a lack of food." On the other side of the jug is a list of the beneficiaries.

Students have contributed \$13,535 at the dining halls in seven months, averaging over \$75 per day. *All* of the money has been sent to "efficient self-help agencies," including Catholic Relief Services, CARE, UNICEF, OXFAM, Church World Service, IFCO/RAINS, and Co-Workers of Mother Theresa.

Alan is a young night-mainte-

nance man at one of the dining halls, earning \$35 per week, upon which he is self-sufficient. In addition, he is a member of the Notre Dame World Hunger Coalition, which is trying to educate the campus and South Bend communities about hunger through the mass media and religious services, to implement a payroll deduction plan among local businesses to benefit self-help agencies, and to seek local support for a congressional bill calling for increased non-military foreign assistance.

This summer Alan is working in Bangladesh with food distribution on a project sponsored by Father Theodore Hesburgh, Notre Dame's president. "At the end of August," Alan reassures, "I will return so that I can panhandle for another year at Notre Dame."



# MAKE YOUR APPEAL PERSONAL

PANHANDLER COLLECTS \$13,535 FOR FOOD RELIEF

When YOUTH Magazine asked him for advice for others tackling similar projects, Alan responded: "First, educate yourself on the problem and the solution, and a good start would be to read *By Bread Alone* by Lester Brown. Second, use peaceful means, perhaps even do something for the people from whom you collect. It's good to keep in mind that our faith teaches us that we are all children of God. Third, try to practice what you preach. If you are advocating a redistribution of wealth, then share your own resources with the poor."

What motivates Alan? "My parents, through their action, taught me that love is doing something for somebody and not expecting something in return."

What's behind the success of this project? "The generous response of

the student body through their contributions makes the difference."

How does he analyze the world food situation? "The basic problem in the world today, as I see it, is a rich minority of the people consuming a vast majority of the *finite* resources. This not only causes environmental problems, but also poverty for most of humanity. The solution to this problem appears to be for the rich to share these limited resources with the poor in such a way that the poor can eventually help themselves. Applying this concept to the realization that this world is not going to get better unless each one of us pitches in every day, I decided to panhandle at Notre Dame for efficient self-help agencies. This is how I got started."

Students in a Detroit suburb hope to rid their high school cafeteria of junk foods. They have set up a health food bar serving unprocessed grains, vegetarian foods, and dairy foods.

# eat as if the whole world counts...



Are you serious about changing your eating habits to benefit the hungry? Are you looking for recipes that support such a worthy ideal? Then refer to books such as, *Diet for a Small Planet*, *Recipes for a Small Planet*, *Great Meatless Meals*. Here is a sample recipe:

## RICE PIZZA

4 C. cooked rice (brown rice is best)

2 eggs

1 C. shredded cheese

15 oz. can tomato sauce

1½ C. shredded cheese

Oregano

Combine cooked rice, eggs and 1 C. shredded cheese. Press into well-greased Jelly Roll pan or cookie sheet with foil formed for edges. Pour tomato sauce over surface then add 1½ C. shredded cheese and sprinkle with oregano to taste. (Additional ingredients may be used such as peppers, mushrooms, onions, or the like.) Bake at 450° for 20 minutes.

Make up your own booklet of favorite recipes too!

# CO-OPerate for food

By joining together to buy in bulk, food co-op members can get quality food at low cost through an efficient means of distribution. If you are interested in starting a food co-op, write for *Moving Ahead with Group Action*, 85 cents from: Cooperative League of the U.S.A., 1828 L St., N.W., Suite 1100, Washington, D.C. 20036.

## Rally Round the Soyburger

When 4000 people showed up in a park in New York City for a Food Day rally, they paid one dollar for meatless meals. The young woman below is eating a soyburger. The emphasis of the rally was to call attention to world hunger, to rising grocery prices, and to deficient diets at home. The idea of soy-

burgers was to release grain to the starving people by eating "low on the food chain," not high on the hog. As 12-year-old Judy Goldberg observed, "It takes a lot of grain to feed a cow, and that grain could be used for somebody else's dinner."



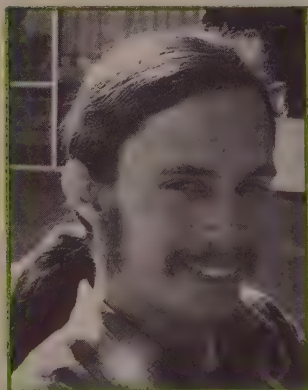
The New York Times



# SHARE WHAT YOU LEARN

FROM MEETINGS YOU ATTEND . . .

All of the young people quoted on these pages attended an ecumenical conference for high school and college youth in Goleta, Calif., in February. The conference theme was "Global Consciousness and Human Development."



*I was disappointed to learn of the involvement of the multi-national corporations—what they could do and what they aren't doing to solve the hunger issues. There's a tendency for them to go into a country, develop its resources for their own profits, and then suddenly leave. That really doesn't help the countries that need help. Such procedures by the multi-national corporations remind you of a sort of remnant idea of the old colonialism. When money is siphoned out of such countries, the people don't ever see any of the fruits of their own labors or of their own lands.*

—David Buesch, Arcadia, Calif



*A lot of lifestyle changes need to take place in the way we eat, and the way we overconsume. I'm going to talk to my mother, since she's the food buyer, about the possibilities of our using less meat and using other foods that are less consuming. I'm also going to re-evaluate my whole lifestyle. Like driving my car five blocks to the store, when I can walk or ride my bike instead. And buying clothes I don't really need; and especially buying junk food that I don't need—that I'm not hungry for, just because I want to eat.*

—Toni Bynum, Compton, Cali



*One of the ways we could change things as students is through institutions—encouraging our churches to use their power and resources to help things. We were told that the churches invest a lot of money in the big corporations, which is really absurd to me. We should consider our priorities as church people. For example, some churches might be saving money for a new organ or something. Perhaps it would be better to wait on the organ and send the money to CROP or to some other relief agency. Youth should get involved in the churches, get on vestries, go to meetings, report what's happening to fellow members, and ask questions about our whole system of priorities . . . Being passive and not saying anything about the world food crisis is really hurting people. It's practically our duty to share the things we've been thinking about.*

—Mary Ellsberg, West Los Angeles, Calif.



*Our strongest weapon right now is political—to help the developing nations, not to offer them charity, but to lend them some semblance of human dignity. Giving a little bit of help, and a lot more support and education so that they can later help themselves, not just wait for the second hand-out. We have to work through the political system to accomplish these ends. It's the politicians way up high who hold the locks to all this money and food that can be appropriated toward helping the people of the world who need the help. Youth have a responsibility to make our elders aware. I have a feeling a lot of adults sit back and think, "I'm comfortable. I've got my own problems. Don't bother me about somebody else's problems."*

—Rolly Reyes, Torrance, Calif.



*It's very important that we not let the hunger issue become a fad. We went through racism; we did some good, yet more still needs to be done, but we let it drop. More recently we went through ecology, then the energy crisis. All were treated as fads by the majority of people. And now the hunger issue. Don't let it become a fad, too. It's a lifetime education—a vocation. It's our duty to learn some farming techniques—or something—that will help us our whole life long to have a global consciousness and to be aware of the needs of the rest of the world.*

—Darlene Wilcox, Santa Ana, Calif.



"I found out that kids in my school waste 144 pounds of food a day," said Marna Hecker, as she reported on the "food day" at Woodmere Junior High School South, Woodmere, N.Y. "From now on I am taking smaller portions."

Outside speakers and films, plus projects by all classes, were scheduled the whole day. Speakers included a teacher who reported on a recent visit to India, a state legislator who discussed consumer legislation as it related to food, and a UNICEF staff person who spoke on the global food crisis. The films dealt with world starvation versus the affluent society and personal nutrition.

The math department assigned students to weigh all wasted food thrown into the refuse can in the

cafeteria at lunch and report the results at an all-school assembly at the end of the day. The home economics department made meatless meatballs for every student and delivered them to all classes where the teacher explained its significance. The social studies department planned a simulation for the students to act out involving "who shall be fed and who shall starve?" The science department prepared a bingo game that revolved around nutritional foods. The English classes read and discussed in-depth stories about world hunger situations. Ninth graders did research on dieting.

The day's program had been planned by a committee of faculty, students, administration, and PTA parents of the school. The purpose



of the teach-in was to spend a concentrated time discussing world food resources and personal nutrition, plus studying the problems between the "have's" and the "have-not's."

In summary, Ed Halpin said, "The day was very interesting. I was surprised to learn that certain foods can be substituted in another form and still taste the same. The soybean meatballs with no meat, for example, were higher in nutrition than real meatballs. This is one of the ways I learned that we can help the hungry."

Why have a teach-in for your school? It can give participants a broader and deeper understanding of and commitment to the problems under study in a shorter space of time than might a whole course or semester of lectures. The whole school takes part—it is an interdepartmental project. A "model" teach-in involves learn-

ing/acting experience and gives participants some choice of which of several forums to attend.

The format of a teach-in can include: action and information workshops, continuously-running films, speakers, exhibits, a unique meal, panel discussions, petition drives, literature tables, and appropriate posters, charts, graphs, and quotes plastered all over the walls. A teach-in involves a lot of planning, so line up corps kids and teachers who are ready to go, name your various committees, and try to involve all departments, even elements of the community, such as anti-poverty, consumer, environmental, farming, food-selling, church and other groups.

PLAN  
A TEACH-IN  
AT YOUR  
SCHOOL

## WRITE FOR INSIGHT

Many groups are concerned about world hunger. Since every religious body has its national office coordinating efforts toward this concern, check with your local pastor or priest for where to write.

Such church groups or the following groups can give you factual information, ideas for action, detailed listings of films, books, and other resources. Or you may wish to write to express your feelings about the world food crisis.

### EDUCATIONAL AND ACTION ORGANIZATIONS

- Bread for the World, 602 East Ninth St., New York, N.Y. 10009.
- Overseas Development Council, 1717 Massachusetts Ave., N.W., Washington, D.C. 20036.
- World Watch, 1776 Massachusetts Ave., N.W., Washington, D.C. 20036.
- Center for Science in the Public Interest, 1779 Church St., Washington, D.C. 20036.
- American Freedom from Hunger Foundation, 1100 17th St., N.W., Washington, D.C. 20036.
- Center for the Study of Power and Peace, 110 Maryland Ave., N.E., Washington, D.C. 20002.
- Interreligious Task Force on U.S. Food Policy, 110 Maryland Ave., N.E., Washington, D.C. 20002.
- U.S. Committee for UNICEF, 331 East 38th St., New York, N.Y. 10016.

### GOVERNMENTAL AND INTERNATIONAL AGENCIES

- Agency for International Development, Department of State, Washington, D.C. 20523.
- Food and Agriculture Organization (United Nations), 1325 C St., S.W., Washington, D.C. 20437.
- UNICEF (United Nations children's relief agency), United Nations, New York, N.Y. 10017.
- World Health Organization, United Nations, New York, N.Y. 10017.
- Organization for Economic Cooperation and Development, 1750 Pennsylvania Ave., N.W., Washington, D.C. 20006.
- United Nations Development Program, United Nations, New York, N.Y. 10017.
- U.S. Department of Agriculture, Washington, D.C. 20250.

## BEHIND THE ISSUES

To get yourself involved in the causes of poverty and hunger at home and abroad, or to get a good discussion going, try a simulation game.

- *Baldicer*, John Knox Press, Box 1176, Richmond, Va. 23209 \$25
- *Ghetto*, Academic Games Associates, Western Publishing Co., Racine, Wis. 53201 \$24
- *Star Power*, Simile II, P.O. Box 1023, LaJolla, Calif. 92037 \$25 (\$3 for do-it-yourself instructions)

## GET THE FACTS

- *By Bread Alone*, by Lester R. Brown (Praeger, 1974), \$3.95.
- *New Hope for the Hungry?* (The Challenge of the World Food Crisis), by Larry Minear (Friendship Press, 1975), \$1.95.
- *Food for People Not for Profit* (A Sourcebook on the Food Crisis), edited by Catherine Lerza and Michael Jacobson (Ballentine Books, 1975), \$1.95.
- *Diet for a Small Planet*, by Francis Moore Lappé (Ballentine Books, 1971), \$1.50.
- *Bread for the World*, by Arthur Simon (Paulist Press and Erdmans, 1975), \$1.45.
- *An Inquiry Into the Human Prospect*, by Robert Heilbroner (Norton & Co., 1974), \$1.95.
- *Only One Earth* (The Care and Maintenance of a Small Planet), by Barbara Ward and Rene Dubot (Norton & Co., 1972), \$6.00.
- *The Challenge of World Poverty*, by Gunnar Myrdal (Random House, 1971), \$2.95.
- *Why Is the Third World Poor?*, by Piero Gheddo (Orbis Books, Maryknoll, N.Y., 1973), \$3.95.
- *Famine, 1975!* by William and Paul Paddock (Little Brown, 1967), \$6.50.
- *The Shopper's Guide* (1975 Yearbook of Agriculture), \$5.70.

## FOCUS FOR FILMS

- *African Drought*, 30 mins, color, 1974, from CROP, P.O. Box 968, 2619 Phillips St., Elkhart, Ind. 46514. Filmed in Niger by ABC-TV, depicting the desperate situation of need there.
- *Diet for a Small Planet*, 28 mins, color, 1974, \$30 from Bullfrog Films, Inc., Box 114, Milford Square, Pa. 18935. Based on the book by the same name.
- *Edge of Hope*, 24 mins, color, 1970, free from Maryknoll Library, 25358 Cypress Ave., Hayward, Calif. 94544. Examines economic inequalities between those who work on farms and those who reap the profits.
- *Food for Health*, 8 mins, color, 1974, \$9 from New York University Film Library, 26 Washington Pl., New York, N.Y. 10003. An ABC of nutrition explaining the dangers of over-eating and what makes up a proper diet.
- *Hunger (La Faim)*, 11 mins, color, 1974, \$10 from Learning Corp. of America, 711 Fifth Ave., New York, N.Y. 10022. An animated film satire of affluent over-indulgence in a world where millions starve.
- *Hunger in America*, 54 mins, color, 1968, from AFL-CIO Film Division, 815 16th St. N.W., Washington, D.C. 20006. A factual story of Americans who go hungry every day.
- *Hunger on Spaceship Earth*, 30 mins, slide set, 1974, \$7 from American Friends Service Committee, 15 Rutherford Pl., New York, N.Y. 10003. Highlights the dimensions of the hunger problem—causes, solutions, what can be done.
- *Not Enough*, 30 mins, color, 1970, \$3 from Church World Service, 475 Riverside Dr., New York, N.Y. 10027. Filmed in India and Thailand, showing the growing gap between food production and population growth.
- *Tilt*, 23 mins, color, 1972, from CROP, P.O. Box 968, 2619 Phillips St., Elkhart, Ind. 46514. An animated film presenting a serious view of attitudes people hold towards problems of the Third World.



# TRY FASTING



K. Auer

After a fast at St. John's Lutheran Church, Hatboro, Pa., soup is served.

To begin to feel what it's like to be hungry, you ought to take part in a 30-hour fast. These events are taking place across the country as a means of raising people's consciousness, as well as raising funds to help alleviate world hunger. People who wish to participate in a fast are contacted ahead of time and asked to get a group of sponsors who will

donate an agreed-upon amount of money for each hour the faster goes without food—up to a maximum of 30 hours. Fasters are usually asked to stop eating around noon on a Friday, and to convene with sleeping bags at a common location (churches are good for this) around supper time.

Groups spend the evening seeing films, hearing speakers, talking in discussion groups, and taking part in creative projects—such as writing poetry or journals about their feelings relating to the experience, or making up posters which express their concerns. There are often opportunities for worship and reflection on Biblical passages relating to hunger. The next day follows a similar pattern—no one eats, simulation games are played, and there are opportunities for discussion of the political and social dimensions of hunger.

Around supper time the fast is broken—often with a Third World Banquet. This is a dinner, with a surprise. The hungry fasters are ushered into a dining room and seated. Then a third of all present are served a full-course meal with all the trimmings. The second third of all participants receive a dish of rice with a few boiled vegetables and a thin broth over it. The remaining group receives a small cornmeal cake with a thin gravy or

# IT'S MORE THAN NOT EATING

it. The first group is given as many seconds as they wish, while the others are not given any seconds, in spite of their already inadequate portions. Discussions are held during the meal regarding the situation of the hungry, and the reasons why those who do have more than enough should share or not share their abundance.

Carolyn Brownell, 20, who helped to publicize this type of fast and banquet in Reedley, Calif., reported that, "Food was on our minds all the time."

"As the night wore on I felt hunger pains but was able to ignore them. The noise in the room got louder. We filled out questionnaires on our knowledge of hunger. We made murals of our feelings and cut out collages to represent what we felt the world meant to us. Meanwhile we were drooling over pictures of food in the magazines. During the whole time we kept a time-line of our feelings.

"By the following afternoon, when the fast was almost over, I was beginning to feel weak. My stomach no longer growled, but I felt empty and strange. It was hard for me to concentrate, think, or be nice to people. My hands were shaking. I sat down often.

"It was amazing to think of—it had been only a short time that I had been fasting—not much more

than 29 hours. Many people go without food for much longer periods and are expected to perform well and work hard.

"Then when the fast ended, and the Third World Banquet began, disappointment, hunger and resentment were the emotions that could be seen on the faces of those who received a small amount of rice or a cornmeal cake. An expression of joy could be detected on the faces of the meat-plate holders.

"Even though the fast lasted such a short time, I learned a lot about how it feels to be hungry.

"How can anyone work, produce, learn, or love when she or he is really only concerned with filling his or her stomach?"

A resource packet on conducting a 30-hour hunger fast, entitled "A Fellowship of Fasting," can be obtained from the National CROP Office, P.O. Box 968, Elkhart, Indiana 46514



Carolyn Brownell



# USE YOUR FEET

No one expected such a large response. Our goal was 500 people to raise \$10,000. Instead, on that bright Sunday afternoon of our Walk for Hunger, 1800 people appeared. By the end of the walk, we had raised \$32,000.

Preparations started months before. Sponsored by the Pomona Valley (Calif.) Council of Churches,

young people from several churches got together to plan a ten-mile walk. We set the date for November 17. The route was laid out. Preparations were made for promotion in the area, recruitment of volunteer walkers, and enlistment of sponsors. Each walker needed sponsors who could contribute money, according to the miles covered by that walker. This worked out well because many people who were older and not able to walk ten miles could participate by sponsoring.

Our base point for the walk was a park where we began and ended. It was an appropriate place for the opening ceremony and large enough to hold all the walkers.

As the people gathered, everyone grew more eager to go. After



opening ceremonies by city officials and ministers, the walkers were off. The first mile was walked as one large group. As walkers set their different paces, the group spread out. People in the neighborhood looked out their windows wondering what was going on. One group of kids, who brought guitars, flutes, and other instruments that were easy to carry, played popular songs while others sang.

At each mile there was a check point where we got our sponsor sheets checked off to prove that we had walked that distance. Also at these points there were light refreshments and transportation back to the park for those who didn't finish.

Many city officials walked. One 89-year-old man walked the entire ten miles. A woman carried her baby on her back the whole way. Television actor Ralph Waite, who stars as the father in the "Walton" series, came to support the walk. Two people in wheelchairs and one blind man made the trip also.

Everyone had a good sense of accomplishment. The money from the walk went to CROP, the community appeal of Church World Service. Sponsors could also designate their gifts to other agencies such as Catholic Relief Services, Mennonite Central Committee, Lutheran World Relief, or any others of their choice. Truly, the people and the churches had found a unity through a single goal of helping the hungry.

—Nancy Brubaker  
La Verne, Calif.

# Hunger Hike Checklist

## BEFORE THE HIKE

- \_\_\_ Appoint committee
- \_\_\_ Set date
- \_\_\_ Select projects
- \_\_\_ Contact groups, schools
- \_\_\_ Register hike/order materials
- \_\_\_ Publicity to groups/schools
- \_\_\_ Fold-out forms to hikers
- \_\_\_ Newspaper coverage
- \_\_\_ Determine route
- \_\_\_ Notify police
- \_\_\_ Set Check Points
- \_\_\_ Set Energy Centers
- \_\_\_ Insure hikers

## DURING THE HIKE

- \_\_\_ Register hikers
- \_\_\_ Kick-off ceremony
- \_\_\_ Check Points function
- \_\_\_ Energy Centers function
- \_\_\_ Special assistants function
- \_\_\_ Press on hand
- \_\_\_ Concluding ceremony

## FOLLOWING THE HIKE

- \_\_\_ Funds gathered by hikers
- \_\_\_ Funds gathered from hikers
- \_\_\_ Follow-up ceremony
- \_\_\_ Thank hikers/helpers
- \_\_\_ Send funds to designated relief agency
- \_\_\_ Return unused materials to sponsoring group
- \_\_\_ Follow-up action for economic justice

*CAN YOU FIND the 110 hidden words that deal with various aspects of the world food situation? The words can be found by reading horizontally, vertically, and diagonally, both forward and backward. If you find more than 75 words, you are well-informed on the subject. Test your friends, too.*

X	G	C	A	R	B	O	H	Y
B	A	F	A	T	S	B	U	A
L	G	F	X	S	B	E	N	M
E	R	R	T	E	H	S	G	
G	O	U	A	W	S	I	E	C
U	N	I	T	S	A	T	R	A
M	O	T	O	L	S	Y	B	X
E	M	S	U	B	S	I	D	Y
S	Y	A	S	A	D	D	I	T
D	I	E	T	W	O	R	L	D
F	O	O	D	D	A	Y	C	U
G	E	R	M	Y	S	P	R	C
R	R	P	L	4	8	O	A	U
F	U	E	E	Z	I	N	C	A
D	M	V	E	X	C	O	M	M
A	I	R	O	N	W	H	E	A
M	N	T	E	L	Y	C	O	M
E	A	S	T	R	U	C	T	I
R	N	A	O	L	C	T	A	I
I	T	E	T	R	I	M	I	A
C	B	U	R	G	O	M	M	
A	R	G	H	G	U	R	I	
E	N	E	R	G	Y	B	U	

“there are so many hung  
appear to them except i

T E D I A B E T E S R D E N T I S T O  
 R F O O D L O X T O N U T R I E N T P  
 A N D D P A O G O A T A S U G A R K E  
 C A N N I N G T L E G U M E S L L W C  
 E O P I C D S D L I V E H U M A N A M  
 A F F L U E N C E N E S W H A N D S A  
 A N S A V E M O T H E R E A R T H H R  
 N O P O L Y G Y E V I T A M I N S I S  
 K O C B F A M I N E Q A Z I N C F O H  
 D C O N F E R E N C E S C N D N O R A  
 R E U U G O I T E R U N I E O L K K L  
 N S N A L E A C H M F A F R E S H O L  
 E D N A T I O N S T R U I A W B E R P  
 F I C I A L M A N G H A I L A D W A L  
 T Y I N T E R D E P E N D E N C E L A  
 F U G E E A C O N T R A C E P T I O N  
 C I A L M F I B E R B A S U C R O S E  
 A C T A M I N O A C I D S H F A M W A  
 I F I C A T I O N O V E N G G L Y H T  
 V E G E T A R I A N O B O L R C O O P  
 Y E E C L I P I D G R T L C O I N O O  
 O N S U M E R X Y Z E B E N W V I M D  
 O O D C H A I N T H I A M I N E W H O

people that God cannot  
 e form of bread.”

—GANDHI



# MARCH, WALK, HIKE



## MISSOURI

The Jefferson City, Mo., walk, under the leadership of Tim Hemmel, senior at Helias High School, maintained a four-year record for the largest walk in Missouri with 770 walkers, and the most productive with \$10,875.



## WASHINGTON

It was a small group in Quincy, Wash., who went on a Hunger Hike, as their National Walther League calls it. Resting and soaking their tired feet, they were happy to have helped their Lutheran hunger appeal.

# RUN OR TREAD...

## NEW JERSEY

Jimmy Fenz, 13, has raised more than \$1100 for the hungry. He was inspired by the two walks for hunger sponsored by his Junior High Youth Fellowship at the Watchung Avenue Presbyterian Church, North Plainfield, N.J. "Working on posters and signs for the walk made me want to earn a lot of money, so I went out and got as many sponsors as I could, contacting relatives, neighbors, and friends. The second year, one of my sponsors offered to donate ten dollars a mile if I ran, so I ran the whole 15 miles."



## PENNSYLVANIA

A walker gets her sponsor sheet signed as she completes a 15-mile walk for the hungry and for a rural life center in Puerto Rico. On a wintry day, 165 young people from southeastern Pennsylvania earned over \$3000. Their walk ended at the Ursinus College campus, Collegeville, Pa., where they celebrated with a dance. Said the coordinator, Rev. Paul Hetrich, "I honestly believe the walk is symptomatic of one of the greatest resources young people possess—the ability to care enough to do something about it."

*To make an affirmative life-long response to hunger and poverty, many individuals and groups are writing their own pledge. The Shakertown Pledge is an example:*

Recognizing that the earth and the fulness thereof is a gift from our gracious God, and that we are called to cherish, nurture, and provide loving stewardship for the earth's resources,  
And recognizing that life itself is a gift, and a call to responsibility, joy, and celebration, I make the following declarations:

1. I declare myself to be a world citizen.
2. I commit myself to lead an ecologically sound life.
3. I commit myself to lead a life of creative simplicity and to share my personal wealth with the world's poor.
4. I commit myself to join with others in reshaping institutions in order to bring about a more just global society in which each person has full access to the needed resources for their physical, emotional, intellectual, and spiritual growth.
5. I commit myself to occupational accountability, and in so doing, I will seek to avoid the creation of products which cause harm to others.
6. I affirm the gift of my body, and commit myself to its proper nourishment and physical well-being.
7. I commit myself to examine continually my relations with others, and to attempt to relate honestly, morally, and lovingly to those around me.
8. I commit myself to personal renewal through prayer, meditation, and study.
9. I commit myself to responsible participation in a community of faith.

PLEDGE  
TO CHANGE  
YOUR  
LIFESTYLE



# TAP THE POWER LINES



No solution to the world food crisis will be made without billions of dollars spent, without national and international controls over those who would exploit, and without humanitarian rather than political motivations. And the power to make these decisions rests in the legislative and executive branches of government.

But, you say, what laws and what decisions need to be made? Who is recommending what? What bills are up for vote right now? Who needs to be persuaded?

Most denominations have agencies which keep their membership alerted to such legislative action. For example, the Center for Social Action (110 Maryland Ave., N.E., Washington, D.C. 20002) puts out a regular newsletter on "hunger"

activity on "the Hill." Or you might contact Bread for the World (602 East Ninth St., New York, N.Y. 10009), or the Interreligious Task Force on U.S. Policy (110 Maryland Ave., N.E., Washington, D.C. 20002). They will help you support an affirmative legislative program and direct you to key legislators.

Encourage your Senators and Representatives to support legislation which would (1) increase agricultural development overseas; (2) provide technical assistance for co-operating Third World countries; (3) activate U.S. policies as an aid toward better distribution of existing food supplies; (4) promote more equitable distribution of available foods here at home; and (5) assure the U.S. farmer of a fair return for his labor and investment.

# Senator Says Youth Can Make a Difference



Coming from the farming state of Iowa, U.S. Senator Dick Clark is very much concerned about the domestic and world food situation. He was a member of the U.S. delegation to the World Food Conference in Rome last year. The following are brief excerpts from a YOUTH Magazine interview with the Senator:

*Q: What can young people do about the hunger problem?*

A: Above all, young people should educate the people who are close to them—their friends, their relatives, their parents, their brothers and sisters—as to what the facts are in this matter. And to do that, you've got to be informed yourself.

Secondly, they should try to assist, either personally or through organizations, to raise money. Church groups have been very good at this, as well as colleges. We know that contributions given to CARE or CROP or OXFAM or religious organizations are used to buy the grain off the market and to ship it to the people who are hungry. Giving money is a direct way that you can help.

Another way is to use the democratic process to try to bring information to—or to put pressure on—

your own representatives so that our government takes action to maintain and improve our levels of aid and to keep the use of this food aid within humanitarian areas rather than political.

*Q: Do you feel that legislators and decision-makers really listen to young people when they contact them?*

**A:** Absolutely! Absolutely! They are increasingly aware of the influence that young people have, particularly over the last ten to 15 years. And now, of course, with the 18-year-old vote, it means that young people coming out of high school are going to be voting.

And write to the President. I know, for example, that last December White House aides told me that they were receiving more mail on the issue of world food than all the rest of the mail they were getting. It wasn't long after that, by the way, that the President announced a 2.2-million-ton increase in food aid for this country.

So I think you can make a difference on public policy through your representatives.

## HOW TO CONTACT YOUR LEGISLATORS

Be informed. Identify your concerns and relevant legislation as succinctly as possible. State your opinions clearly and briefly. Identify yourself and any group you are representing as concerned citizens. You can contact your legislators in several ways: by mail, telegram, mailgram or phone. When time is of the essence, telegrams or phone calls are most expedient. Letters and mailgrams are more economical and give you an opportunity to say more. Here's how to do it:

Address letters, telegrams or mailgrams to:

Congressperson .....  
U.S. House of Representatives  
Washington, D.C. 20515

Senator .....  
U.S. Senate Office Building  
Washington, D.C. 20510

President Gerald Ford  
The White House  
Washington, D.C. 20500

Or call (both House and Senate):  
202/224-3121

Personal Opinion Message telegrams may be sent for \$2.00 (15 words or less) by calling your local Western Union office. Western Union also will send Mailgrams for \$2.00 (100 words) which are delivered in the next mail.



# join together to help the elderly

Once a week, Jack Cooper, a math teacher at Gardner Junior High School in Lansing, Mich., drives his car loaded with food to the senior citizens' housing project

adjacent to the school. When he arrives, 12 students who have been released from their classes help him unload the food, mark it, and arrange it on tables in the project's community room.

Then the fun begins, as senior citizens begin to line up in the hallway and review the weekly price list. Those who need to use canes or walkers are allowed to shop first. Then the others enter and a cheerful din settles over the entire operation as the older people chat with students who are working behind the tables.

Does the lively noise bother Lela Baker, a regular customer? She replies, "Oh no, the noise doesn't bother me. In fact, I kind of enjoy it."

With limited incomes and escalating food costs, the elderly welcome this weekly chance to buy fresh produce, eggs, and bread at reduced prices. By buying in bulk and directly from the farmers, fruit growers, and wholesalers, Mr. Cooper and his seventh-grade co-op can sell at the reduced prices.

Operating the co-op for the elderly is a learning experience for the students who participate in it. Mr. Cooper and two students do the buying each week. Students also assist in determining the unit prices of the items. They make up the weekly price list and run it off for distribution to the customers.

Working for the co-op is also an opportunity for students to bridge the generation gap.

"The best part for me is getting to know a lot of people and becoming friends with them," said

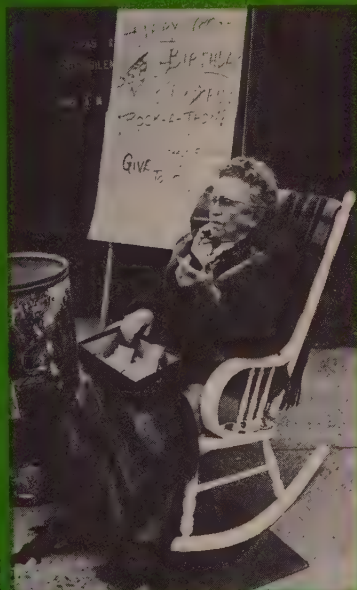


Carl Tielking. The students help the older people carry their bags back to their apartments. Helpful interactions have resulted—some of the senior citizens have been tutoring students, teaching them how to sew, and one woman adopted as a grandchild a student she met through the co-op.

Any profits earned by the co-op are used for residents of the apartment building. At Halloween the profits purchased 12 gallons of cider and 70 pumpkins which the students decorated for the residents' party. At Christmas the profits plus money the students raised were used to give the residents a Christmas gift of completely-free groceries for the last co-op before Christmas.



# Rock Your Way



CROP

Although 75 young people took part in the "Rock-a-thon" in Huntington, W. Va., in March, the star was definitely 80-year-old Blanche Dodrill. Since it was her birthday, the sign behind her told passersby to give to the hungry as an "alternate" birthday gift. The rocking-chair event kicked off a week of fund-raising activities in her community for CROP.

# PLANT A GARDEN

Start a garden in your own backyard. Plant vegetables which your family enjoys eating, and educate yourself by being adventurous and adding a few you don't normally eat. A good beginning might include tomatoes, lettuce, carrots, onions, potatoes, peppers, cabbage, radishes, beans, peas, cucumber, squash, Swiss chard, beets, cauliflower and broccoli. You'll get a feeling for the earth and for the things you eat, as well as some fresh air and sunshine.

Give these possibilities some thought:

Sell your extra vegetables and donate the money to an organization working to alleviate hunger. Or donate the vegetables to a community pantry or other group which can give them to a needy family where you live.

If you haven't got space to work a garden in your backyard, why not put one in the front? Or how about planting vegetables in along with the flowers around your house? If you live in an apartment, a balcony or sunny window can provide amazing quantities of home-grown vegetables given tender loving care.

See if your church or school or the owner of a vacant lot in your neighborhood will donate the land for your group to make a community garden. This type of gardening can be done a little more effectively since it's on a slightly larger scale and the tasks can be shared by the entire group. Perhaps you can convince local businesses or groups to donate the seeds. You can use the produce to sell at a co-op, or you could donate produce for the use of local families. In some farming areas, farmers donate "Friendship Acres" which young people help to cultivate and harvest. The proceeds from the sale of the crops are then donated to organizations working to alleviate world hunger.

Can a small garden plot really make any difference? It's estimated that even on a 12-by-25-foot plot \$9.00 worth of seeds can save a family \$250 on their food bills! And in Cleveland, O., where the school system supports a program of student gardening on school property throughout the city, in 1972 an outlay of \$12,300 for 17,349 plots yielded over \$400,000 of fresh food.



Tomatoes

Beans

Cabbage

Beets

Carrots

Lettuce

Radishes

Onions

Spinach





## get the public's eye

A basketball marathon was the way in which the senior high youth group at Lakeside Presbyterian Church in Storm Lake, Ia., called public attention to One Great Hour of Sharing and to CROP. They challenged the senior highs of the Methodist Church to a 40-hour game. Starting Friday evening and playing in one-hour shifts, the

guys and the gals ran up a final score of 5070-4876, with the Methodists winning. At one point the winners were ahead by 600 points but the losers rallied on Saturday night to make it a close game. But the real score was the \$1800 raised by pledges from people in the community to be split between the two projects.



Seven tons of vegetables were raised by 200 Lutheran youth in southwestern Wisconsin for the hungry of Milwaukee's inner city. The project was dubbed "Joseph's Granary" in reference to the Old Testament figure who ministered to the hunger of God's chosen people. They tilled two-and-one-half acres—mostly in one-quarter plots—donated by area farmers

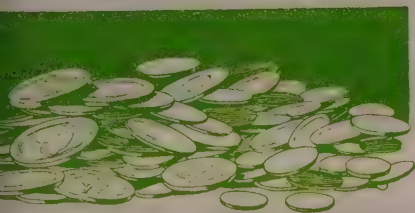


ur youth group got together for  
treasure hunt. But instead of  
searching for a "left, size-13,  
oman's purple shoe," we collected  
various food items for food baskets  
for the needy in our area.

—Laurie Lauterbach, 16,  
North Olmstead, O.



n St. Paul, Minn., guests coming to  
wedding at St. Timothy Lutheran  
Church were asked to bring gifts  
or world hunger rather than wed-  
ding presents for the wedding cou-  
ple. A total of \$1644 was contrib-  
uted to hunger.



A youth group at Bethlehem Lu-  
theran Church, Grand Marais,  
Minn., gave members a calendar of  
daily reminders for a month-long  
emphasis in March. Each day's in-  
struction sent the family to check  
its pantry and to contribute accord-  
ing to items found there. Examples:  
"Give five cents for each loaf of  
bread in your house" . . . Give 25  
cents if you have potato chips" . . .  
and "Give 75 cents if you went out  
to dinner this month."



The churches and synagogues  
in my area sponsor Operation  
Rice Bowl. Each week during Lent  
every family eats a sacrificial  
meal and donates the money  
saved to an international religious  
organization for distribution in  
other parts of the world.

—Rochelle Stackhouse, 17,  
Bethlehem, Pa.



# GIVE: where

emergency food



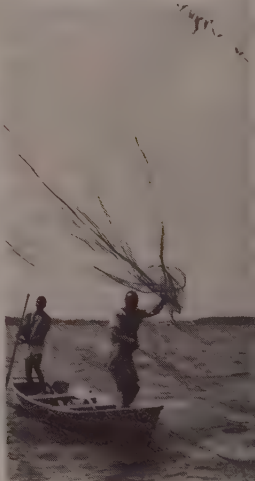
Image

refugee relief



Image

self-help projects



FAO

There is no more direct way to feed the hungry than through donations of money to church or private agencies which send aid overseas.

And their efforts are not simply a "soup kitchen" approach, except when disaster hits and emergency feeding is necessary. The emphasis today among relief agencies is on self-help, education, long-range development, and "work-for-food" programs. For example, in one program low-income farmers overseas receive food in exchange for building roads to markets, digging wells for irrigation, or erecting safe grain-storage bins. The push is to help farmers in the developing countries produce more.

Where can you give your money? Start with your own church. All national churches have some sort of domestic and overseas aid-outreach. And national farm organizations are close to relief channels. So ask your local pastor, priest, or county farm agent for places where your money can work wonders.

# our money goes

is, tools, fertilizer

health and nutrition

farm development



UNICEF



Church World Service



FAO

As starters, here are suggestions of agencies you might support:

Church World Service, 475 Riverside Drive, New York, N.Y. 10027, the cooperative world relief arm of a group of major Protestant denominations.  
CROP, P.O. Box 220, Elkhart, Ind., 46514, the community hunger appeal of Church World Service.

CARE, 660 First Ave., New York, N.Y. 10016.

Lutheran World Relief, 315 Park Avenue South, New York, N.Y. 10010.

Catholic Relief Service, 1011 First Ave., New York, N.Y. 10022.

Oxfam-America, 302 Columbia Ave., Boston, Mass. 02116.

Oxfam-Canada, 97 Eglinton Ave. E, Toronto 12, Ontario.

U.S. Committee for UNICEF, 331 East 38th St., New York, N.Y. 10016.

American Friends Service Committee, International Service Division,  
160 North 15th St., Philadelphia, Pa. 19102.

Africare, 1424 North 16th St., N.W., Washington, D.C. 20036.

Meals for Millions Foundation, 1800 Olympic Blvd., Santa Monica, Calif. 90406.

World Vision International, 919 West Huntington Drive, Monrovia, Calif. 91016.

Live simply, so others may simply live.



## BUDGET ON A PENNY MENU

*The daily food budget for many of the world's citizens is 13¢ a day. Using the following "penny menu" how much could you eat for 13¢?*

<i>glass of water</i>	<i>.....</i>
<i>coffee</i>	<i>.....</i>
<i>sugar (one tsp.)</i>	<i>.....</i>
<i>milk (one tbsp.)</i>	<i>.....</i>
<i>saltines (three)</i>	<i>.....</i>
<i>olives (four or five)</i>	<i>.....</i>
<i>tangerines (each)</i>	<i>.....</i>
<i>hard-boiled egg</i>	<i>.....</i>
<i>carrots (one serving)</i>	<i>..</i>
<i>sweet pickles</i>	<i>.....</i>
<i>raisins</i>	<i>.....</i>
<i>cookies (each)</i>	<i>.....</i>

We stand in front of a supermarket and hand out fliers asking people to purchase an extra item of food for the hungry in our own community. As the people leave the store they place this food in the barrel which we provide. It works very well.

—Carrie Disharoon, 15, Glastonbury, Conn.

This 32-page, pull-out insert is part of the combined July-August issue of YOUTH Magazine on the theme of the world food crisis. Extra copies of this insert, which cost 25 cents each, and/or copies of the entire 96-page issue (including the insert), which cost 70 cents each, can be purchased from: YOUTH Magazine, Room 1203, 1505 Race St., Philadelphia, Pa. 19102. YOUTH Magazine is an ecumenical monthly publication for Protestant and Roman Catholic young people. (Copyright 1975 by United Church Press)





**"A true revolution of values will soon look uneasily on the glaring contrast of poverty and wealth . . . and say this is not just."**

**—Martin Luther King**

# HOW TO EAT

FOR YOUR OWN HEALTH  
AND FOR THE HEALTH  
OF THE WORLD

By Richard Taylor

Art by Sandy Bauer



Do you worry about your weight or occasional pimples and wonder how your diet may be affecting these things? It is a simple fact of life that what you do or don't eat can dramatically affect your size and weight, the appearance of your hair and skin, as well as your performance in the classroom and

on the playing field. Yet, as I grew up, understanding food was never a priority with me. I just assumed that the American diet is pretty good (aren't we the healthiest people in the world?) and that I could get along fine with "three squares" a day. I certainly never suspected that the way I eat might



not only be harming me, but might also be taking food out of the mouths of hungry people.

### WHAT DOES FOOD DO FOR US?

At every moment of our lives, several things are going on inside our bodies that require food. One is the production of energy—the

energy our brain and muscles need to help us work and play, the energy various parts of our body need to grow, develop and function. Energy has to come from out-

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Richard Taylor is a freelance writer who has authored **Economics and the Gospel**, and who has previously written for **YOUTH**.

side our bodies, and it derives from three parts of food—carbohydrates, fats and proteins.

Another crucial activity inside us is the growth and development of cells, those microscopic units that make up all the tissues and organs of the body. As our cells multiply, grow in size, and increase in complexity, they provide the building blocks out of which everything in our body is made. To do this, they need food. Building cells requires the above three ingredients, water and minerals.

A third crucial activity is the production of substances, such as enzymes, antibodies, and hormones, that regulate the body processes. Production of these regulatory substances requires all the above constituents of food, plus vitamins.

Food provides us with "nutrients," that is, the chemical substances the body needs to carry on the above functions. There are 57 known nutrients and they can be divided into the six categories of proteins, carbohydrates, fats, minerals, vitamins, and water.

A few of the nutrients can be used directly by the body, but most must be changed (the scientific word is "metabolized") in order to perform their role. If we could trace each nutrient as we take a bite to eat, we would find it following an incredibly complex pathway until it is used to provide energy, build cells, or help regu-

late the body. Briefly, the pathway the nutrients follow is ingestion (eating or drinking), digestion (breaking food down, by substances called "enzymes," so it can be absorbed more readily), absorption (taking nutrients from stomach and intestine into the circulatory system), transportation (carrying the nutrients throughout the body), use (turning the nutrients into energy, chemical regulators, or cell-builders), and disposal (getting rid of wastes).

## WHAT'S FOOD MADE OF?

**Protein:** Scientists have called protein possibly the most important substance in the organic kingdom. Without it, no life appears possible on earth. In our body, protein makes up the major solid matter of muscles and organs, bones and teeth, skin, nails and hair. Every cell has protein in its make-up and every body fluid (except bile and urine) contains protein.

Protein also makes up antibodies that are used to fight infections. They're the chief part of hemoglobin which, in our red blood cells, carries oxygen to our tissues. Hormones and enzymes, key regulators of bodily functions, are built from protein.

Good sources of protein are eggs, milk, cheese, meat, poultry, fish, nuts, breads, cereals, and legumes like soybeans, peas, and lentils. The units from which pro-



ins are built are called "amino acids." Eight of them are essential for our bodily functions. Some foods (meat, fish, poultry, dairy products) are called "complete proteins," because they have the right essential amino acids in just the right quantity and proportions. Proteins from plant foods are called "incomplete," because they're deficient in one or more amino acids.

This doesn't mean, though, that vegetarian diets will be lacking in protein. Some plant foods don't have enough of one amino acid, and some have this one but not another. Therefore, it's possible to eat two plant foods at the same meal and have a lack in one made up by a strength in another. Rice and beans, for example, complement each other so that together they provide complete proteins. Also, if a vegetarian eats dairy products along with plant foods (e.g., cereal and milk), he or she will get just as good quality protein as a meat-eater.

**Carbohydrates:** This abundant organic compound is found in all plants, but is almost non-existent in meat. Carbohydrates are made up of sugars, starches and fiber, and are used in the body mostly to provide energy.

Some food sources of carbohydrates are breads, cereals, flour, macaroni, spaghetti, nuts, potatoes, rice, fruits, and sugar.

**Fats:** If you're overweight, you

**T**he energy needs of the body take first place. If there's not enough food, it will cannibalize itself—death is the final result

may not appreciate the fact that one function of fats in the body is to provide padding! Fats also give insulation that helps us conserve body heat. One of its main roles is to store energy. When it's used, it gives off twice as many calories of energy as carbohydrates or proteins.

Sources of fat are foods like butter, margarine, salad dressing, meat, nuts and dairy products.

**Vitamins:** Occurring in minute portions in food, more than a dozen vitamins have been found to play a crucial role in helping the body obtain energy from food, in maintaining healthy bodily tissues, and contributing to the normal functioning of all organs. They cannot be produced by the body and so must be obtained from the food we eat.

Each vitamin has a specific role to play. If one is lacking, the body will soon react. Not enough vitamin A, for example, will lead to nightblindness; insufficient vitamin C means softening of bones, pain in joints and bleeding under

**F**ewer Americans are eating "good" diets due to the great increase in over-processed and nutritionally worthless junk foods

the skin.

Good sources of vitamins are green leafy vegetables (like spinach, broccoli, brussel sprouts) yellow vegetables (carrots, sweet potatoes), whole-grain cereals, liver, milk and eggs, fruits (oranges, grapefruit, lemons).

**Minerals:** Although minerals make up only four percent of our weight, they are part of the structure of every cell in the body. They help to transmit nerve impulses, provide hardness in bones and teeth, and assist in certain biochemical reactions. Calcium and phosphorus are the most abundant minerals in our body, but we also need sufficient amounts of iron, sodium, potassium, iodine, magnesium, and other elements.

You'll get enough calcium and phosphorus in your diet if you drink two to four cups of milk a day. An excellent source of iodine is iodized salt. Iron (which is often deficient in the diets of teen-age girls) can be obtained by eating meat, poultry, eggs, whole-grain

water · sugar · shortening  
corn syrup · whey solids  
corn sugar · food starch  
sodium caseinate  
whole milk solids  
mono and diglycerides  
polysorbate 60  
hydroxypropyl cellulose  
monosodium phosphate  
guar gum · lectin  
artificial color + flavor



bread and cereals, dark-green vegetables, peaches or raisins. You don't need to worry about getting enough of the other minerals so long as you're eating a generally well-balanced diet with enough protein and normal amounts of fruits and vegetables.

**Water:** About 60 percent of our bodies is water. It is present in all the chemical reactions of the body and it's the solvent providing the medium for all body fluids—digestive juices, the lymph system, and, of course, blood, sweat and tears.

A good source of water is, well, ahhh, water! But remember, too, that it's found in most foods. For example, fresh vegetables are 90



Carbonated water  
Artificial Color + flavor  
Caffeine  
Sugar  
fruit acid  
Quinine  
non-returnable bottle

55% sugar  
45% frozen or canned fruit  
Water · pectin  
lactic acid · benzoic acid  
Sodium metabisulphate  
artificial color + flavor



percent water, whole milk 87 percent, eggs 74 percent.

### WHAT DOES LACK OF FOOD DO?

Malnourishment is one of the major problems of the poor nations of the world. But even in the U.S. there are hungry, malnourished people—ten million of them.

The problem with insufficient food is that the energy needs of the body take first place. If there aren't enough carbohydrates and fats in the diet, the body will turn to protein, taking it from the diet and even from the body's own tissues. It will actually cannibalize itself, eat itself up. Death is the final result.

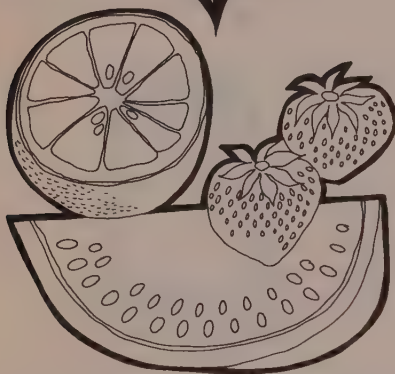
Disease usually comes before

death. Hungry people usually die, not from "starvation," but from the diseases their weakened bodies can't resist. The malnourished child, not getting enough protein, won't achieve her or his full growth and development. And there's growing evidence that the hungry child may suffer irreversible brain damage through lack of protein. Thus, hunger may be creating literally hundreds of millions of mentally retarded people.

### WHAT ABOUT THE AMERICAN DIET?

I said earlier that I'd always assumed Americans are the best-fed, healthiest people in the world. Well, maybe not. Compared to

vitamins · minerals  
carbohydrates  
water



protein · fats  
minerals · vitamins

other nations, we've dropped from fourth to 13th place in infant mortality rates. There are 17 countries in the world where men can expect to live longer than men living in the U.S.

There's enormous controversy about whether the pesticides that American farmers put on crops or the additives that food processors put into our foods are harmful—maybe cancer-producing—when we eat them. DDT has been found in food far above safe levels. More than 1000 chemicals and other substances are used in food processing to prevent spoilage, add color, enhance flavor, etc. Some of these, after being in use for a while, were found to be dangerous

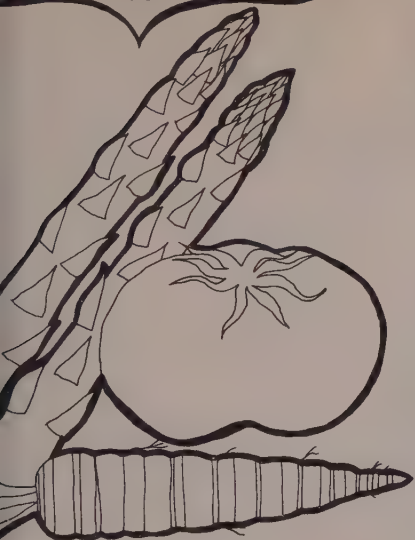
and were banned by the government. But what about others, still in use, whose danger is being questioned by scientists?

The U.S. Department of Agriculture found that from 1955 to 1965, the number of Americans eating "good" diets dropped from 60 percent to 50 percent. One specialist in nutrition links this change to the very large increase in highly processed and nutritionally worthless foods that are being marketed by food manufacturers whose concern is more with making money than meeting our needs.

Not only do "junk" foods tend to displace nutritious foods from our diet, but their high sugar content contributes to tooth decay



vitamins · minerals  
Carbohydrates  
water



**I**f vegetarians eat dairy products along with plant foods, they will get just as good quality protein as meat-eaters

#### WHAT CAN I DO?

You might read a good, inexpensive, easy-to-understand booklet on nutrition like **Scorecard for Better Nutrition**, by the Center for Science in the Public Interest. It gives a simple, numerical score to dozens of foods.

Try eliminating or greatly reducing your intake of soft drinks, candy, processed meats, corn chips, cookies and snack foods in general. Substitute milk, fruit and fruit juice, nuts and seeds, vegetables, meat or other good protein sources like peanut butter, cheese, eggs, lentils and beans.

Urge good nutrition education programs in your school. If food vending machines have been set up at school, work to get them to carry things like milk, fruit, yogurt, cheese, seeds and nuts, rather than candy, soda and fritos.

Stop skipping breakfast and snacking for lunch. Get cereal, milk and fruit in the morning and eat a well-balanced lunch. □

ities, which are also related to eating too much candy, are increasing six times faster than the number of dentists can be trained to treat them. Yet 70 percent of the TV advertising directed to children is for sweets or snacks. It's really hard to get factual information on good nutrition. Reliable data competes with glossy magazine ads, slick TV commercials, diet promoters and food addicts. For teenagers, who want to be healthy, attractive, not overweight, this confusion comes at a time when a burst of physical growth requires especially well-balanced amounts of calcium, iron, protein, vitamins A and C, and other nutrients.



# **EATING FOR A SMALL PLANET**

An interview with Frances Moore Lappé  
By Richard Taylor

Frances Lappé spends a lot of time with her family of four in New York. But she also manages to be a prolific writer, to lecture widely, to be on TV talk shows, and to journey to such events as the World Food Conference in Rome. She's even been featured in a film about her best-selling book, **Diet for A Small Planet**. Thousands of people have changed their eating habits in response to her persuasive arguments for a plant-centered (low meat or no meat) diet. Such a way of eating, she says, is not only more healthy and less expensive, but it can be a way to free up more food for hungry people. I recently talked to her about her views.

### **How did you get interested in this whole area of food and world hunger?**

In 1969 I had just dropped out of graduate school in social work, because I was very, very unhappy. This was a time when the book **Famine, 1975** had just come out. There was a lot in the newspapers about starvation for millions being just around the corner. People were asking for the first time, "Just how near are we to the limits of the earth's ability to feed us?" I really thought I could answer that question.

My graduate work didn't seem relevant to this, so I just started reading on my own. I sat in on soil science and geography and

ecology classes. I spent a lot of time in the library. The more I read, the more I came to realize that my premises were wrong. I had been asking, "How close are we?" I had a sense that we were pushing the limits of food production and I was asking, "What can be done to extend those limits?" Then I almost accidentally ran across these incredible figures showing that we're actually **wasting** millions of tons of protein-rich food every year by feeding it to our livestock.

### **Could you be more specific about how we're wasting this food?**

Yes. In the U.S. today, one-half of our harvested farmland goes to feed livestock. We feed about 90 percent of our unexported corn, oats, barley and sorghum, and over 90 percent of our unexported soybean crop to animals. This provides us with beefsteak and lambchops, but it's a terribly inefficient way to use these protein-rich crops.

The least efficient converter of plant to animal food, the steer, is now the center of this diet. Steers now graze on the range and then are "finished" by being herded into feedlots, where they are fed protein-rich foods. The steer takes 16 pounds of nutritious grain and soy and reduces it to one pound of meat. The other 15 pounds? They're lost to us. They're either used by the steer to produce

energy or to make part of its body that we don't eat (like hair), or it's lost entirely in manure. Animals in the U.S. produce about two billion tons of waste per year. It's estimated that there's as much protein in the **manure** as in our highly-prized soybean crop!

Other livestock are more efficient than the steer, but there's still waste in converting protein-rich feeds into animal protein. The plant to animal protein ratio for beef is 16 to one, for hogs six to one, for turkeys four to one, for chickens three to one.

We can appreciate how wasteful this system is when we realize that the amount of grain and soy lost through feeding livestock in one year in the U.S. would provide every single person on earth a bowl of cooked grain every day of the year! Pretend that you're sitting down in a restaurant to an eight-oz. steak. If it's a grain-fed steer that produced the steak, you could feed 45 to 50 people in that restaurant one bowl of grain or soy, using the amount of grain that produced the steak.

**But people seem to think that eating steak is part of the American way of life.**

Well, we're involved in what I call "the great American steak religion." On the average, each American now consumes about 122 pounds of beef per year, or a total of 250 pounds of meat and

poultry a year. But what we don't realize is that this is fairly recent. Our beef consumption doubled after 1950. Prior to that, our beef consumption had been fairly stable, hovering around 60 pounds annually per person.

That 60 pounds was plenty to meet our protein needs. But now we eat twice the protein our bodies need and, since we can't store protein, much of the excess is excreted and wasted. In fact, to eat so much protein from sources that we could, on the average, completely eliminate meat, fish, and poultry from our diet and still get all the protein the National Academy of Science recommends. (I keep saying "on the average" because there are hungry Americans right here who need more, not less, protein.)

Georg Borgstrom, the world food expert, says that if you take the present world population and all the land that can be used for food, you have about three acres per person. But **our** diet (and that of the other rich countries that are eating lots of meat) requires about five acres per person, for grazing land and for crops. We're taking more than our share.

The question for me is: Can we go on consuming a meat diet that uses up the food that could have fed five people when we have just seen a child starve before our eyes on TV?



**What do you do about this personally? Are you a vegetarian?**

I like the term "plant-centered diet" rather than vegetarian. I can see some important uses for livestock which doesn't involve feeding them grain that could be used for humans. There's nothing inherent in livestock that requires the present enormous waste of protein. There are grazing lands, for example, that can't produce food for humans. Livestock can forage on this and be real protein factories, converting grass and stuff that we can't use into meat that we can use. Also, they've found that animals like cattle, sheep, and goats can do well on feeds made from waste products like over-ripe bananas and orange juice squeeze remainders. They can even take droppings from livestock, treat it, and feed it to cattle. So my argument isn't against cattle so much as it's against our present wasteful way of feeding them and our over-reliance on meat items in our diet.

Personally, though, I don't buy meat. I want to eat in such a way that the whole world could be fed if everyone ate the way I do. That means cutting way back on meat consumption.

**What are some other reasons for a plant-centered diet?**

It's a more nutritious diet in the sense that we get more nutrients from a wider variety of

**C**hanging our diet can be a first step towards needed political changes. It can be a joining with others to eat in a way that could make it possible to feed the hungry."

sources, and we get needed bulk as well. We get lower cholesterol. If young people don't want to have to be concerned about heart attacks, as their fathers have been, they have to start now eating a different diet. There are less pesticides, too, in a non-meat diet.

Also, it's a more interesting diet, since there are many more varieties of plant food than there are of meat. One day I sat down and added up all the varieties, and it's just incredible. If you take all the categories of nuts and fruits and grains and vegetables—each one of those has from ten to 25 different types you'd recognize. It came out that there would be well over 100 different items. And then I compared that with the normal meat items we eat—chicken, veal, steak—not very interesting, really. You just find a greater variety of colors, textures, and tastes in plant foods that are more satisfying to handle, touch and smell than a slab of meat.

I try to get it down to the com-

**T**here's no class—biology, history, economics, government—where you couldn't do some kind of project around food and world hunger."

mon sense of "Why not?" Why not, if we can rely more on plant foods that bring our protein intake more into relationship with our actual need, and if this also increases the capacity of the earth to support more people better, then why not? It's the most simple way of looking at it.

**Some people argue that plant foods are more fattening.**

That's a myth. In fact, just the opposite is true. If you're talking about calories, plant foods generally have about the same as meat, or much less. Of course, green vegetables have many fewer calories, and even corn has many fewer calories than meat. All animal food has more fat and, therefore, more calories.

**If I adopt a plant-centered diet, how can I be sure I'm getting the protein and other nutrients I need?**

A lot of people have this idea that there are certain nutrients that are only found in red meat,

and that's just not true. The only nutrient not readily found in plant food is vitamin B<sub>12</sub>, and that's found in dairy products. So every day you take in some dairy products, like milk and eggs, and eat a variety of plant foods, you're pretty well sure to get your daily needs met.

All plant foods that are commonly eaten as protein sources—that is the grains, the legumes, the nuts, are not missing any essential amino acids, which are the building-blocks of protein. They are more deficient in some of these amino acids than animal foods, generally speaking. But we don't have to be left with those deficiencies, because in our own diet we can combine various kinds of plant food to build in the corresponding deficiencies with corresponding strengths. The combinations are really the kind we commonly eat anyway. They're not the ones that require a lot of memorization.

**Like bread and peanut butter**

Sure. So is cereal and milk. Baked beans and brown bread, a combination. Pea soup and corn bread. Any kind of casserole, like rice and beans. In Eastern cooking, you have lentils and rice. My book, **Diet for a Small Planet**, and the companion book, **Recipes for a Small Planet**, go into these combinations in detail and give lots of recipes based on them.

What'll happen to the cattle farmers and meat industry if we make the switch to a plant-centered diet?

I think that has to be a total societal responsibility, to make sure that no one group suffers. We should give farmers incentives to use waste products rather than grain for livestock feeding. We should help them develop forages on land that can't grow food crops. We need to take social responsibility for making the shift. Recently, though, we've done just the opposite. Research money has been used to develop corn that's best fed to animals, not to human beings. Government policy has been oriented toward livestock nutrition more than human nutrition.

**Changing our diet won't automatically feed hungry people, will it?**

Definitely not. But it can be that first step that gives you a personal stake in the needed political changes. It can be a joining with others to eat in a way that would make it possible to feed the hungry. But there are many additional political and economic steps that must be taken. In the 1975 edition of **Diet**, I list five major political policy changes that we should work for to make sure that food actually gets to the hungry. I also list organizations you can join that are working for needed changes.

**How would you suggest teenagers take that first step?**

Well, in terms of relations in the family, I wouldn't suggest rushing into the kitchen and saying, "Our diet is corrupt, we're robbing the world." That would probably alienate other members of the family. I'd suggest the approach of seeing if you can get agreement for one experimental non-meat meal a week in which they'd try a different food. Gradually develop a repertoire of meals that don't depend heavily on meat.

At my high school we never studied anything or did any class projects that really related to major world problems. This field is so broad, that whether it's a biology class, your history class, economics, government—there's virtually no class where you couldn't do some kind of project around food and world hunger.

Also, remember that you don't have to be an expert. You don't have to be a nutritionist or an ecologist. Just try to look at things from your own framework, from what makes sense to you. That's what I tried to do. I left graduate school when I was 25. **Diet for a Small Planet** was first published when I was 27. People listened. That's amazing. I had no credentials or anything, and yet the impact has been large. □



# THE FORGOTTEN HUNGRY

**WHY SHOULD ANYONE IN THE U.S.  
SUFFER FROM MALNUTRITION?**

**By Susan M. Grant**

Fourteen-year-old Annette Miller sat down to a breakfast which consisted of gravy made with flour, water and bacon fat, a spoonful of rice, a biscuit and a glass of water. This meal was not an unusual one for the Choctaw County, Miss., teenager. Nor could her mother be blamed for the unappetizing menu. When she began to

prepare breakfast for her seven children, she had only this food in the house: two cups of milk, a small portion of cold white rice, two biscuits, two potatoes, a bit of margarine and bacon fat, some flour, one onion and half a peeled banana.

Sadly, the situation of the Miller family, who had a food budget



\$7.50 per week to feed eight people, is not an unfamiliar one in the U.S. And like millions of other Americans who qualify for the federal Food Stamp program, the Millers were not receiving food stamps due to a dispute over funding in their Mississippi county.

Many Americans find it difficult to believe that there are hungry, virtually starving people in this richest of all nations. Those who have enough to eat, and who enjoy an affluent lifestyle, rarely venture far from their comfortable surroundings to see the misery and quiet desperation of those who live in urban ghettos, run-down boarding houses, rural shanties, migrant worker camps. It is easier to regard the dismal habitations of the poor as simply a blight upon the urban or rural landscape.

There are many millions of hungry people in America, and their numbers are rapidly swelling as unemployment and rising food prices make it more and more difficult for "marginal" households to feed themselves.

Unlike many of America's other social problems, the hungry and malnourished are found everywhere in the country. "Hunger afflicts everybody who is unable to compete in the economic market of the country," according to Stephen G. Brooks, Deputy Director of the Food Research and Action Center (FRAC), a private, non-profit public interest law firm and

advocacy center. "This situation includes the elderly, infants, minority persons—who because of race or sex discrimination are unable to adequately compete, those who have recently become unemployed, the working poor, and many children of poor families."

Those who **are** aware that many Americans are hungry, and who



Rick Smolan

Mothers and small children are particularly vulnerable to the damage a nutritionally inadequate diet can cause. The WIC program provides nutrition education as well as supplemental food to help offset the potential long-term effects of hunger.



Many elderly persons find it impossible to leave their homes to buy food. Others live in rooms where they have no access to cooking facilities. For these persons, a Meals-On-Wheels project or an opportunity to participate in the Elderly Nutrition Program can mean the difference between eating or going without food almost entirely. For lonely older adults, these programs can also provide an anticipated opportunity for contact with other people.

are puzzled at this seeming contradiction, have a very legitimate reason to be confused. Why **should** anyone in the U.S.—the “bread-basket of the world”—be hungry? What has caused this situation?

Many consumers point the finger at U.S. farmers. After all, haven't there been reports of price-fixing, wheat deals, farmers slaughtering livestock and burying it in trenches while other Americans exist on the edge of starvation? Has it be-

come a case of the U.S. farmer reaping excessive profits, while people must do without food when the ability to pay the seller's price is uncertain?

Not so, say many experts familiar with the situation of U.S. family farmers. These men, who are farming anywhere from five to 5000 acres are barely making a go of it. Since 1952 farmers have been overwhelmed with production cost increases of 122 percent, while the

price they receive for their products has increased by only ten percent. Advances in farm technology, plus the large amount of money needed to invest in modern equipment, has reduced the number of men necessary and able to operate today's farms. Yet despite their rapidly dwindling numbers, U.S. farmers have turned out record crops over the past 20 years, greatly increasing the yields per acre. So where are the profits going?

It's the middlemen—the people who transport, process, package, advertise and retail the food which the farmers produce — who are making the profits. A 1967 Census of Manufacturing showed that there are 32,500 food manufacturing companies, but a 1966 Federal Trade Commission study showed that the 50 largest companies control 61 percent of all the profits. The remaining 39 percent is divided among the other 32,450 manufacturers! What has increasingly happened is that the large corporations have taken over the business of farming, turning it into "agribusiness," forcing family farmers to choose between financial ruin or contracting out (becoming a hired hand of the corporation) to stay in business. These corporations set prices, control production (they can artificially create shortages) and generally dictate what price the farmer will get for his produce, and what

**T**he problem with the federal food programs is the officials running them are at best apathetic towards them, and at worst, hostile."

price the consumer will pay.

The effect this increasingly monopolistic situation has had on food prices and the condition of the hungry has been disastrous. The primary motive has been profits, and in the process the quality of food has diminished, the use of dangerous pesticides, additives and preservations has increased. Further, since those who can pay the highest price for goods are catered to first, many of the crops which form the staple diet of the poor (soybeans for instance) have either been neglected or sold to foreign countries which can pay the going rate. Many of our high-protein grain crops (80 percent) are fed to American livestock so that the affluent can have meat on their tables. And, as the result of crop failures, government policy, and a desire to keep prices up, the traditional U.S. surplus of foods and commodities has been all but eliminated. It was this very surplus which the government used to buy and distribute to the poor.

The poor necessarily pay a far higher proportion of their incomes

## **T**he number of hungry Americans is swelling as unemployment and food prices make it difficult for "marginal" households to feed themselves

for food than the more affluent—between 30 to 60 percent. So when food prices escalate, there is less room in their budgets for "belt-tightening" without eliminating other necessary costs—like rent, medical bills, etc. And since they are already buying the cheapest cuts of meat, the most economical fruits and vegetables (if they can buy these things at all), there is no way to cut food costs in response to rising prices without being forced to eat less.

There are a number of alternatives available to hungry people in the U.S. Some of these are private programs operated by charitable and non-profit organizations. They run the gamut from community soup kitchens which daily feed thousands of hungry people for free to emergency pantries which distribute donated food-stuffs to needy families. Yet most of these private efforts—as necessary and worthwhile as they are, are merely stop-gap measures which barely make a dent in the overwhelming amount of need.

FRAC's Stephen Brooks feels that the extent of hunger in the U.S. can be assessed by determining how many people qualify to participate in some of the federal food assistance programs. "It has been determined that, as of last September, while only 14.4 million Americans were actually participating in the Food Stamp program, 38 to 46 million were legally eligible. And despite the high levels of unemployment and the publicity surrounding the Food Stamp program since September, the number of people participating by last February had risen to only 17.2 million."

What is the government doing to meet the needs of 46 million hungry Americans?

"The federal food assistance programs include the Food Stamp program, the school lunch and school breakfast programs, the Special Food Service Program for Children which provides free food for children in day care centers, Head Start centers and summer recreation programs," states Brooks. "Then there is a supplemental food program for Women, Infants and Children (WIC) which provides free high-nutrient food to infants, children, pregnant women and nursing mothers. The Elderly Nutrition Program provides group meals to elderly people in community settings. And finally there is the old Surplus Commodities Program which has been phased



but except for people on Indian reservations."

All of these programs have been plagued by bureaucratic red tape, insufficient outreach procedures to make eligible people aware of their existence, and, in many cases, outright administrative hostility to potential participants.

"The problem lies with the U.S. Department of Agriculture and the state government agencies which, in cooperation with the USDA, administer the programs," claims Brooks. "The problem is that the officials responsible for running these programs are at best apathetic towards them and at worst, hostile. In fact, they see their chief purpose as safeguarding the public purse, regardless of the consequences to the human beings who are legally entitled to receive the programs' benefits."

In the case of the Food Stamp program the major problem has been the application procedure. Although legally no one can be prevented from putting an application on file the first day they try to get food stamps, many Food Stamp offices employ delay tactics. Add to this the almost legendary complexity of the Food Stamp application form ("far more difficult than Federal Income Tax forms," says Brooks). Applicants are often subjected to rude or humiliating behavior by the clerks who take their application. After this there are delays in approving the application,



Rick Smolan

Soup kitchens and emergency pantries help fill the gap for people who cannot wait until the government bureaucracy has approved their application for food aid. There is a need for more cooperation and coordination of these programs on a local level to improve effectiveness.

difficulties in locating or reaching those banks or welfare offices which sell food stamps. Often a family will not be able to accumulate the necessary cash to purchase their monthly allotment of stamps (food stamps are not free—they are paid for according to the income of the recipient). And then, every few months there is the recertification application —



Because of language barriers, lack of grocery stores on reservations and the fact that some reservations cross state boundaries, many Native Americans find that the Food Stamp program is inappropriate for their needs. The old Surplus Commodities program is gradually being phased out, leaving many Indian families without essential foodstuffs, and the situation of some is expected to grow critical by this winter.

which amounts to going through the same humiliating and frustrating procedure all over again. It's small wonder that millions of America's hungry refuse to subject themselves to this procedure. Yet even so, countless other millions are not aware that they are eligible for the program.

"Many think that only persons on welfare can obtain food stamps," states Brooks. "In fact, anyone can obtain food stamps if

their income is low enough."

The other federal programs have not fared much better. The school breakfast program has been greatly hindered by local school administrators who find the program a "nuisance." ("It requires them to get up earlier in the day," comments Brooks ironically.) Yet many children cannot eat breakfast or lunch unless they receive a free or reduced-price meal at school. Despite the overwhelming

findings that children who have eaten are more alert, less restless, better able to study and learn, and present fewer behavior problems, many schools still do not offer students a meal program.

The problems with the Food Stamp and school feeding programs are basically not funding problems, since Congress stands ready to appropriate funds for all new participants in these programs. But for the WIC program the principal problem has been the fact that the USDA refused to allocate the funds Congress had appropriated. Not until a court order forced USDA to spend all future allocated funds and to carry over the unspent funds to 1975 did the program begin to operate somewhat as it should.

"Any nutritional deficiency pregnant women, nursing mothers, infants and children experience injures them far more severely than any of the rest of the population. If infants up to 12 months of age don't get adequate nutrition," warns Brooks, "they suffer brain damage that's irreversible. They can also suffer growth retardation which no amount of food later in life can make up for."

WIC is not a feeding program in and of itself, but one which provides extra nutritional benefits to those who are eligible. "Such is the inadequacy of all our other feeding programs, that the WIC program is essential to help that

**A**nyone can obtain food stamps if his or her income is low enough."

target group," states Brooks. "None of the other programs, even though a family may be receiving them, is in itself sufficient."

An additional major problem with the federal programs has been outreach—letting the public know what they're about.

Brooks explains there are few written materials about the Food Stamp program. Many people do not know of the existence of these programs, nor are they aware of the rules affecting eligibility, participation, etc. Although the government is required by federal law to publicize the programs, in many states no money whatsoever has been spent to inform people of their right to receive free or reduced-price food.

"The most important thing that people can do," say Brooks, "is to help people sign up for the existing programs. Poor people in their community are in need of assistance and cannot wait until Congress finally establishes a good adequate income program. But they will also be helping these programs to grow to a point that the true amount of need in the U.S. will be graphically demon-

**I**t's important to help people sign up for the existing programs. Poor people cannot wait until Congress establishes a good adequate income program."

strated. Helping the needy people in their communities actually get into these programs helps them, and helps move the whole society towards a reconsideration of these issues."

Stephen Brooks has several suggestions about what young people might do to help relieve hunger and malnutrition in the U.S.

"Volunteers, who understand the rules of the Food Stamp program (a booklet detailing the rules is available from FRAC, 25 W. 43rd St., New York, N.Y. 10036) could set up card tables outside of grocery stores or unemployment offices with a sign that says 'Food Stamp Information.' They could sit there and give people basic information about the Food Stamp program.

"Groups might want to set up a Food Stamp hotline, on which volunteers who know the rules of the program can tell people whether they're eligible or not, right on the phone. The hotline number could be advertised through public service radio and TV announcements.

"Another technique for getting out information on the program is to persuade grocery stores to print up a simple one-page flyer about Food Stamps and stuff them in people's grocery bags.

"Or go to the places where poor people live or can be found and try to locate those who are eligible for any of the food assistance programs and help get them into the programs. Ultimately a group of volunteers could just do door-knocking, going through neighborhoods trying to inform people.

"Young people can help drive people back and forth to the Food Stamp office or to elderly feeding locations.

"Or they can actually go into the Food Stamp office and act as an advocate of the poor. You don't have to be legally trained to do this—and the presence of an outside person often eliminates much of the rudeness and harassment.

"Teenagers should request adequate nutrition education programs in their schools. And a good, congenial and creative school food service program can really contribute to nutrition education.

"Young people might also wish to help organize or volunteer their time to help run a consumers' food cooperative, or a farmers' market. Any of these measures which short-circuit the whole marketing system are very useful as a means of lowering the price of food, and thus making it more accessible to





Rohn Engle

Migrant workers find themselves excluded from many of the federal food programs as they follow the crops across counties and states. Often by the time their applications have been approved in one location, they have already moved on to the next. Because of their isolation in rural areas and the fact that they are sometimes paid in script, it is difficult to purchase food stamps. A solution might be mobile food assistance vans which could follow the people from camp to camp.

people with limited incomes.

"And finally, young people might consider legal careers, social work, community organizing, economics, nutrition, medical

careers, public administration, and journalism when they think about the long-range possibilities of feeding America's hungry." □

**"Give us this day our daily bread."**  
(Mt. 6:11.)

Yes, Lord, you have taught us to pray for bread. You aren't so "spiritual" as some of the people who use your name. You know that we are flesh and blood, that we need food, that hunger hurts, that we can find joy and strength in eating.

**"Man shall not live by bread alone."**  
(Mt. 4:4, from Deut. 8:3.)

You have told us—and life has taught us—that we live by bread, but not by bread alone.

Food can mean greed, oppression, overindulgence. Food can be a bribe, a threat, a means of manipulation. Food shared is an expression of our common humanity and of love.

O God, creator of the world and of us, let us use your gifts of food as a blessing to this human race.

**"The laborer deserves his food."**  
(Mt. 10:10.)

But some cannot find work. Others work but cannot earn enough food for themselves and their children.

God of justice and mercy, move within us to change our society so that people may work, eat, and share the world's plenty and need.

**"I was hungry and you gave me food, I was thirsty and you gave me drink."**  
(Mt. 25:35.)

We often say we are hungry. Maybe we even say that we are about to starve. But how little we know about hunger! We skip a meal and call it hunger. But real hunger means pain, gnawing pain, relentless pain. It means weariness and weakness. It means sickness and death.

O God, if we are ever really hungry, may someone give us food.

O God, may we, now, find ways to feed the hungry and to empower them to feed themselves.

# A PRAYER FOR A HUNGER

A Litany by Roger L. Shinn

aking the five loaves and the  
fish he looked up to heaven,  
d blessed, and broke and gave  
e loaves to the disciples, and  
e disciples gave them to the  
owds."

(Mt. 14:19.)

d of love, we know that shared  
ood will go farther than we usual-  
think. If we care enough, it will  
around the world. Shake us,  
ouble us, strengthen us to share.

he Lord Jesus on the night  
en he was betrayed took bread,  
d when he had given thanks, he  
oke it, and said, 'This is my  
ody which is broken for you.'"

(1 Cor. 11:23-24.)

We meet you, Creator God, in  
prayer. We meet you in exalted  
moments. But in the supreme  
sacrament of our faith, we meet  
you in eating. You have blessed  
eating, ennobled it, turned its  
necessity to joyful privilege. When  
we eat, let us remember—some-  
times at least—that you are with  
us and that your gift of food is  
your gift of yourself.

"He was known to them in the  
breaking of the bread."

(Lk. 24:35.)

"Let us break bread together on  
our knees; let us break bread to-  
gether on our knees. When I fall  
on my knees, with my face to the  
rising sun, O Lord, have mercy on  
me."

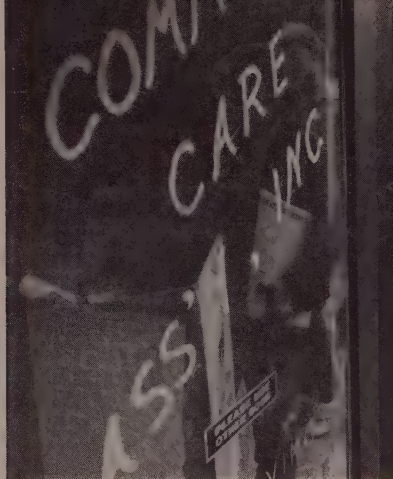
(Black spiritual)



**WORLD**

Photo by Rick Smolan





Recruiting volunteers starts in the fall. The big door-to-door campaign comes during a February weekend, when National Guard trucks carry food to centers for sorting and packing.





# SECOND WIND

## OREGON YOUTH COLLECT OVER 100 TONS OF FOOD

to meet the food crisis among needy persons in the metropolitan area of Portland, Ore., an estimated 6000 volunteers from 47 high schools in three counties collected in excess of 100 tons of nonperishable foodstuffs during a weekend in February.

"We were even unloading canned vegetables and fruits by the cases," said Bill Tamiesee, youth coordinator, as he described the scene at the collection centers. "I've never seen that before. People usually give by the can, not the case." Apparently some donors had purchased cases especially for the annual drive.

Besides the high schools, 170 area churches and a number of neighborhood groups took part. More than 500 National Guard personnel, along with 220 of their trucks and jeeps, were involved.

Known as Project Second Wind, the door-to-door campaign was organized five years ago by young people and has been carried out during February ever since. Usually at that time of year, the food shelves of social service agencies are empty from the extra demands

of Christmas and Thanksgiving.

"Your delivery of seven-and-one-half tons of food as our share of the Second Wind food drive was staggering," says the director of the William Temple House, an Episcopal service center. "It assures us that we will, for a while at least, be able to help the greater numbers of needy we see resulting from the difficult economic times prevailing."

There are four phases to the drive—recruitment of volunteers and public relations, collection of food, sorting into categories, and distribution to service agencies.

The students begin working in September on the Second Wind campaign. In each school, there are four coordinators who initiate the activities. Students are recruited by means of posters telling of meetings and asking for volunteers. The project is explained to student groups, PTAs, and to all others who will listen. The educational part becomes easier as the reputation and effectiveness of the program become known.

On a weekend in late February, large numbers of students go door

to door collecting food. Each solicitor has an identification label which explains the project and a list of the canned goods desired.

Every student has a special job. Some collect the food, some help load it into the more than 200 National Guard trucks provided by the state for the project, some help sort it at a collection center, and some deliver it to the service agencies for eventual distribution to those who need it most.

"The trucks come into the collection center loaded with bags of food and two of us unload each truck," explains a student coordinator. "The bags of food are placed onto long tables where students are stationed on both sides with big cardboard boxes. The cans move on rollers and the students sort them all into the proper boxes — vegetables, meat, and fruits. You have to work fast because there is always more coming. Seems like no end to the food."

Besides the food-gathering and sorting, the students check on agencies which will be receiving the food. They "psych" them out, making sure that the agencies do not discriminate and that no one who needs food is left out.

After the food is sorted, it is put back into the trucks for distribution to such agencies as FISH in Portland and Clackamas County, Salvation Army, William Temple House, Sunshine Division of the

Portland Police Department, Sno-CAP, Life Center, St. Vincent Paul in both Multnomah and Washington Counties, Francis Center and Community Care.

Totally planned and conducted by youth, the project has been assisted by the Metropolitan Youth Commission since its beginning in September 1970. The Commission provides office space, telephone services, printing and the counsel of its staff during the months of preparation and follow-up.

Each year the young people have set a record: In 1971, 3000 youth collected 21 tons of food with the aid of 40 National Guard trucks and men. In 1972, the total was 6000 young volunteers, 100 trucks and men, and 64 tons of food. The record for 1973 was 8000 youth, 250 trucks and 80 tons of food, exceeded only by the 1974 record of 8000 volunteers, 250 trucks, and 95 tons of food.

The idea of Second Wind is spreading. Similar projects have been sponsored by youth and supporting agencies in Seattle, Washington and in Eugene, Ore.

"We'd like to see this kind of annual food drive become a national program," observes Rosalind Hamar, assistant director of the Metropolitan Youth Commission. "After all, every metropolitan area in the country has the same ingredients that we do to mount such a food-gathering campaign."







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